Meningococcal Disease

Meningococcal disease is caused by the bacteria *Neisseria meningitides*. Meningococcal disease is severe and can cause infections in the bloodstream or infections to the brain and spinal cord. This disease progresses quickly and can kill a person within 24 hours from the onset of symptoms. About 1 in every 10 cases of meningococcal disease is fatal, and about 2 in the surviving 9 will suffer from permanent disabilities.

**Symptoms:**
- Headache
- Fever
- Stiff neck
- Nausea/Vomiting
- Confusion
- Sensitivity to light

**Preventions:**
- Meningococcal vaccines

**How it’s spread:**
- Sharing a drink
- Kissing
- Coughing
- Sneezing
- Close contact with an infected person

**Which Vaccines Should You Get?**
- Meningococcal conjugate vaccine (MCV4) is for people younger than 55 years-old
- Meningococcal polysaccharide vaccine (MCSV4) is for people older than 55

**Who should get it?**
- Kids ages 11-13 should get it at their next appointment
  - A second dose is needed for 16-18-year-olds to complete the series.
- College freshman living in dorms
- U.S. military recruits
- Those who travel frequently
- Those who have a suppressed or altered immune system

https://www.cdc.gov/meningococcal/
https://www.cdc.gov/vaccines/vpd-vac/mening/who-vaccinate.htm