

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 at 16-18 years old 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/mening/public/index.html>
<https://www.cdc.gov/vaccines/vpd/mening/hcp/index.html>