

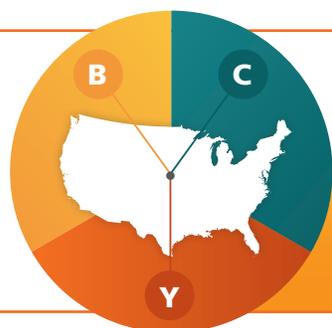


How can I help protect myself from **bacterial meningitis**?



One type of bacterial meningitis is meningococcal meningitis, which is one form of meningococcal disease.

Meningococcal disease is an acute, severe illness caused by the bacterium *Neisseria meningitidis* (*N. meningitidis*), also known as meningococcus [muh-ning-goh-KOK-us]. Meningitis is a rare but potentially life-threatening condition caused by inflammation of the protective membranes (“meninges”) covering the brain and spinal cord. This inflammation is usually caused by infection with viruses or bacteria, including *N. meningitidis*.



Three meningococcal groups — **B, C, and Y** — cause most of the illness in people over the age of 11 in the United States. Each of these groups is responsible for about a third of all cases.

There were about 550 cases of meningococcal disease in the United States in 2013.

How Bacterial Meningitis Is Spread

Close contact can help spread the bacterium through exchanges of saliva and secretions from the nose or throat, including:



Coughing



Sneezing



Kissing



11-19% of survivors of meningococcal disease will have long-term consequences, including deafness, nervous system problems, brain damage, or loss of limbs.

About 10-15% of people infected with meningococcal disease will die.

Outbreaks of meningococcal disease are rare but serious. Some outbreaks have been reported recently in the United States, including four college campuses.

Symptoms of Bacterial Meningitis

- ✓ Fever
- ✓ Headache
- ✓ Stiff Neck

Symptoms can progress rapidly — **within 24 hours** — and can become serious, possibly fatal. Additional symptoms may include: nausea, vomiting, sensitivity to light, confusion.



Vaccines to Help Prevent Bacterial Meningitis

According to the Centers for Disease Control and Prevention (CDC), keeping up-to-date with recommended vaccines is the best defense against acquiring bacterial meningitis, although vaccination may not result in protection in all recipients.

There are separate vaccines for meningococcal groups ACWY disease (**MenACWY disease**) and meningococcal group B disease (**MenB disease**).

MenACWY
Vaccine

MenB
Vaccine

There are 2 different vaccines that can help protect you against the 5 common meningococcal groups.

Talk to your healthcare provider about:

- ✓ **MenACWY vaccination**
- ✓ **MenB vaccination**

