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 meningoccus [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*.

---

**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**

---

**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

**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.

---

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.

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

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

©2015 GSK group of companies.  
All rights reserved.  
Printed in USA.  
513615R0  
November 2015