

MENINGITIS

What you should know about Meningitis...

- Meningococcal disease is a serious illness. Meningitis is an infection of the covering of the brain and the spinal cord.
- Permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure, or death can result from the infection.
- Symptoms are similar to those of influenza and include high fever, rash, vomiting, severe headache, neck stiffness, lethargy, nausea, and sensitivity to light.
- The infection is spread by direct contact with infected individuals for example, sharing a glass, cigarette, or kissing. It can also be spread through the air via droplets of respiratory secretions such as coughing or sneezing.
- Anyone can get meningococcal disease however; certain groups have a greater risk for contracting the disease. *COLLEGE FRESHMAN LIVING IN CAMPUS RESIDENCE HALLS ARE AT INCREASED RISK.* Social aspects of college life also appear to be risk factors. Smoking, exposure to second hand smoke, excessive alcohol consumption all increase the chances that one will contract meningitis from an infected individual.
- Pitt-Bradford **REQUIRES** resident students to show proof of **ONE dose of Meningococcal conjugate vaccine** (MCV4), also known as Menveo or Menactra, **at age 16 or older.** This vaccine is effective against the most common meningococcal infections caused by serogroups A, C, W, and Y.
- Although not required at this time, we strongly recommend the Meningococcal MenB vaccine for all University students. This vaccine provides protection against meningococcal serogroup B. There are two MenB vaccines licensed in the USA: Bexsero and Trumenba.

Preventing the disease through use of meningococcal vaccine is important for people at highest risk.