Protect yourself from **meningococcal disease**… Get vaccinated!

What is meningococcal disease?

Meningococcal disease can be a life-threatening illness. It is caused by bacteria that can infect the blood, brain, and spinal cord. People often call it meningitis.

How do you catch it?

Meningococcus bacteria are spread through upper respiratory droplets, like saliva (kissing, living in close quarters). You can catch meningitis from a person who looks healthy.

Is it serious?

Ask your healthcare provider if you need this vaccine!

Yes! Meningococcal disease may respond to antibiotics, but quick medical attention is extremely important. Even with proper treatment, 10–15% of people with meningococcal disease die. Of the people who survive, as many as 20% suffer from some serious complication, such as loss of an arm or leg, brain damage, or permanent hearing loss.

Meningitis can cause shock, coma, and death within hours of the first symptom.

I'm vaccinated!

Am I at risk?

The disease most often strikes older teens and young adults. If you travel internationally or have certain medical conditions, you may also be at risk.

How can I protect myself from meningitis?

Vaccination is the best way to prevent meningitis.

There are two different types of meningococcal vaccines – MenACWY conjugate and MenB (serogroup B). MenACWY is given to preteens and teens beginning at age 11–12 years. A second dose is needed at 16. MenB vaccine is also available as a two-dose series starting at age 16 and through age 23. Have a conversation with your healthcare provider about getting this vaccine too.

People with certain medical conditions should get vaccinated, and some should receive booster doses throughout life. Travelers to certain countries should also get vaccinated.

▶ **For more information, visit www.vaccineinformation.org**