



# Know the facts about meningitis in college.

## What is meningitis?

Meningitis is a **serious disease** that can cause blood infection and swelling of the brain and spinal cord.

To ensure protection against **5 different types of meningococcal bacteria**, you need 2 different vaccines, serogroups A, C, W and Y and serogroup B. **Both vaccines are needed** for the best protection.



## What causes it?

Meningitis is spread through **close contact** - making it especially **dangerous for college students living in dorms**. It's easily spread through coughing, kissing, sharing drinks and utensils, etc.

## What are the symptoms?

- Headache
- High fever
- Stiff neck
- Nausea
- Vomiting
- Purplish rash
- Confusion
- Exhaustion



Developed in  
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 Michigan Department of  
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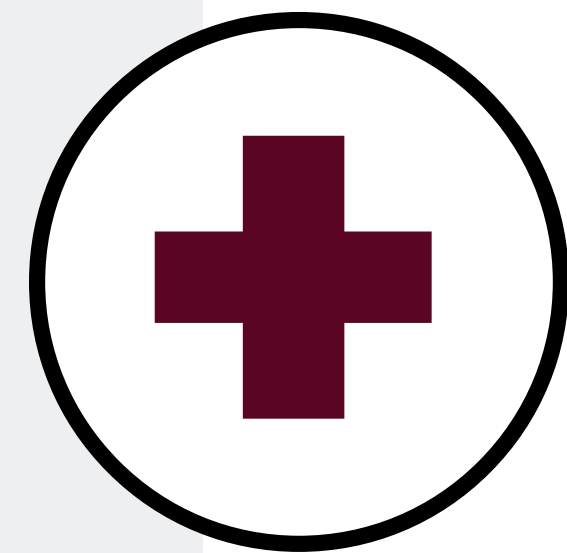
Did you know: In the past three years, students on more than 34 U.S. college campuses contracted meningitis.

## How can I protect myself?

**Get vaccinated!** Get BOTH meningitis vaccines to fully protect yourself from this deadly disease.

**Meningococcal ACWY vaccine:** a routine recommendation for all children age 11-12 plus a booster dose at 16. The ACWY strains cause most cases of meningitis.

**Meningococcal B vaccine (MenB):** equally deadly, this immunization is recommended for students ages 16-23.



### SHU Health Services

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## Where can I find more information?

Contact your physician or school health center to learn more about where to get vaccinated to protect yourself against meningitis.

