

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 collaboration with
 **MDHHS** Michigan Department of Health and Human Services

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

How can I protect myself?

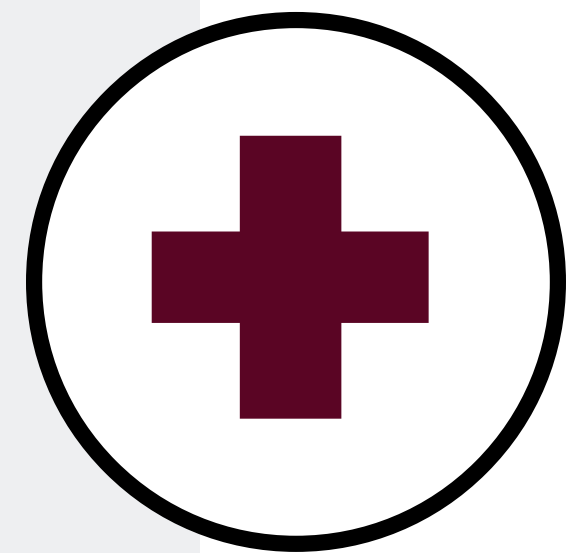
Get vaccinated! Get BOTH meningitis vaccines to fully protect yourself from this deadly disease.

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.

Holton Health and Wellness Services

517.750.6352
(ext. 1352 on campus)
holtonhealth@arbor.edu



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.

