

## YOU MAY REGRET SOME THINGS IN LIFE...

But you won't regret getting vaccinated against meningococcal disease.



## FIVE FACTS ABOUT SEROGROUP B MENINGOCOCCAL DISEASE:

- 1** Adolescents and young adults are at increased risk of meningococcal disease, often referred to as meningitis, a serious disease that can lead to lifelong complications and even death.
- 2** Meningococcal disease is a bacterial infection caused by *Neisseria meningitidis*. The bacteria can invade the body, leading to severe swelling of the tissue surrounding the brain and spinal cord (meningitis) or bloodstream infection.
- 3** Vaccination is the best protection against meningococcal disease. There are two types of vaccines available to help prevent it:
  - Routine vaccination is recommended for all adolescents at age 11-12 years, with a booster dose at age 16 years to protect against four major meningococcal serogroups (A, C, W, and Y)
  - Meningococcal serogroup B vaccination may be administered to adolescents and young adults age 16-23 years, with a preferred age of 16-18 years.
- 4** Serogroup B is the most common cause of meningococcal disease in US adolescents and young adults. It is also the cause of recent outbreaks of the disease on US college campuses.
- 5** Early symptoms are often mistaken for flu or other less serious illnesses. Symptoms can progress quickly and may include high fever, headache, stiff neck, confusion, nausea, vomiting, exhaustion, and a purplish rash.

## ASK ABOUT VACCINES TO PREVENT MENINGOCOCCAL DISEASE

## MENINGOCOCCAL DISEASE CAN BE DEADLY



*“My biggest regret was not getting vaccinated against meningococcal disease.”*

– Gerald Pe

As a freshman in college, Gerald was enjoying a relaxing day at the beach with friends. He suddenly began to feel sore, exhausted, and experienced intense sensitivity to light. The next day, he was in the emergency room and given less than two hours to live. He survived, but had both legs amputated as a result of the infection. Gerald knew about a vaccine, but didn't realize how serious meningococcal disease can be. **If he had known, he would have gotten vaccinated.**



*“It could happen to anyone. Please make sure you are vaccinated. You won't regret it.”*

– Heather Tufano

Heather was a freshman in college when she suddenly developed a fever, chills, and pain in her joints so extreme that she could not walk. Then, a purplish rash spread quickly all over her legs. She was rushed to the hospital where she was given a five percent chance of survival. She was in the hospital for three months and underwent roughly eight surgeries, including the amputation of her right foot and two fingers. **She hopes her story will encourage others to get vaccinated.**

Visit [nfid.org/meningococcal](https://nfid.org/meningococcal) to learn more about vaccines to prevent meningococcal disease

