



Dear College Health Administrator:

As students prepare for the start of their college journey, you play a key role in ensuring that they stay healthy and are protected against vaccine-preventable diseases. As important health information is shared (at an in-person meeting, through a welcome packet, letter, or email), the National Foundation for Infectious Diseases (NFID) is pleased to offer resources that can be shared with parents to reinforce the importance of meningococcal disease prevention.

Three Important Points to Communicate to Parents about Meningococcal Disease Prevention

1. Adolescents and young adults are at increased risk of meningococcal disease, often referred to as meningitis, a serious bacterial infection that can lead to lifelong complications and even death. However, the majority of these cases are vaccine preventable.
2. There are two kinds of vaccines available that may help protect against meningococcal disease. The disease is caused by several different types (serogroups) of bacteria. The routinely recommended quadrivalent meningitis vaccine protects against 4 major serogroups (A, C, W, and Y) and is recommended for all individuals at age 11 to 12 years, with a booster dose at age 16 years. However, the routine vaccine does not protect against one of the most common causes of the disease, serogroup B, and many parents are not aware of this. Serogroup B continues to cause outbreaks on college campuses. Vaccines to protect against serogroup B only became available in the US in 2014 and may be recommended by a healthcare professional for individuals age 16 to 23 years.
3. We encourage all students and parents to learn more about meningococcal disease and the vaccines available to help prevent it. For more information, visit [college health website](#) and www.nfid.org/meningococcal. We hope you find this information useful as you communicate to students and parents. Please feel free to contact us with any questions or if you need additional information. Thank you in advance for helping to promote the value of vaccination to your college community.

Sincerely,

Marla Dalton, CAE
NFID Executive Director

William Schaffner, MD
NFID Medical Director