

BACTERIAL MENINGITIS

MENINGOCOCCAL DISEASE

GET YOUR MENINGOCOCCAL VACCINE TODAY



DON'T WAIT – YOUR LIFE MAY DEPEND ON IT

WHAT IS MENINGOCOCCAL DISEASE (BACTERIAL MENINGITIS)?

Meningococcal disease is not common but can be very life threatening – especially to adolescents and young adults. It is caused by the bacteria *Neisseria meningitidis*. Infection can cause brain damage, hearing loss, learning disabilities, and even death.

The bacteria can infect the covering of the brain and spinal cord or the bloodstream. One in seven adolescents and young adults with the disease will die from it.

WHAT ARE THE SIGNS AND SYMPTOMS?

Symptoms include vomiting, headache, fever, stiff neck, disorientation, and sleepiness.

Meningococcal disease moves fast through the body in a matter of hours of the first symptoms. The disease can result in brain damage, hearing loss, limb amputation, or learning disabilities.



HOW IS IT SPREAD?

It is spread through the exchange of respiratory and throat secretions. Meningococcal disease is transmitted through close contact with other people who you may live and share food with, kiss and be close to when they cough and sneeze without covering their mouth and nose.

WHO IS AT RISK?

Adolescents and young adults are at risk of getting the disease if they live in highly populated or crowded living conditions, such as college dormitories, and should therefore be vaccinated against meningococcal disease.

HOW DO I KEEP FROM GETTING IT?

Get vaccinated with one of the two meningococcal vaccines available at your health-care provider's office. The two vaccines are both known as MCV4.

The vaccine has been proven to be safe. Severe reactions to either of the vaccines are very rare.

WHEN SHOULD I GET THE VACCINE?

The Advisory Committee on Immunization Practices (ACIP) recommends meningococcal for all children 11-12 years of age with a booster dose at age 16 years. If adolescents get their first dose at 13 through 15 years of age, they should get a booster at age 16 through 18 years. The ACIP suggests adolescents be vaccinated less than five years before starting college.



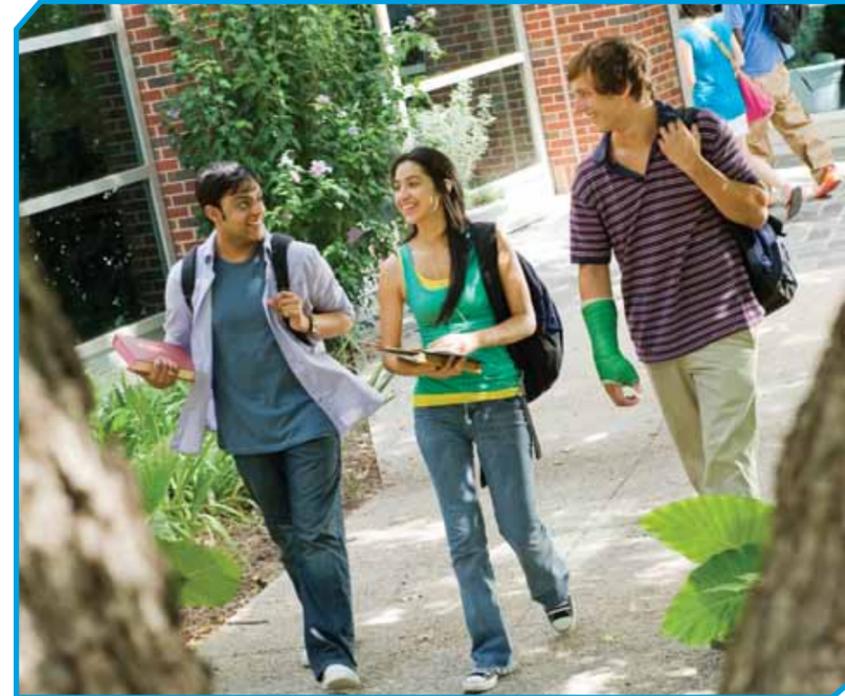
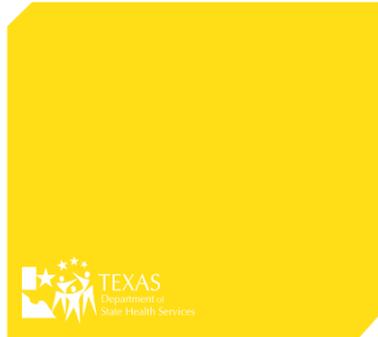
CONTACT INFORMATION

For more information about meningococcal vaccine, call your health-care provider or the Texas Department of State Health Services at (800) 252-9152.

SPECIAL INFORMATION FOR

COLLEGE STUDENTS

VACCINE REQUIREMENTS FOR ENTERING STUDENTS



WHAT IS THE MENINGITIS VACCINE REQUIREMENT FOR ENTERING COLLEGE?

Beginning January 1, 2012, all entering college and university students are required to show proof of an initial meningitis vaccination or a booster dose during the five-year period before and at least 10 days prior to the first day of the first semester in which the student initially enrolls at a Texas college or university.

WHO IS AN ENTERING STUDENT?

- a first time student of a public, private, or independent institution of higher education
- a transfer student
- a student who previously attended an institution of higher education before January 1, 2012, who is enrolling in the same or another institution of higher education following a break in enrollment of at least one fall or spring semester



BEGINNING JANUARY 1, 2012, ALL ENTERING COLLEGE AND UNIVERSITY STUDENTS ARE REQUIRED TO SHOW PROOF OF A MENINGITIS VACCINATION WITHIN THE LAST 5 YEARS OF ENROLLMENT

WHICH STUDENTS ARE NOT REQUIRED TO COMPLY WITH THIS VACCINE REQUIREMENT?

- a student 30 years of age or older by the first day of the start of the semester
- a student enrolled only in online or other distance education courses
- a student enrolled in a continuing education course or program that is less than 360 contact hours or continuing education corporate training
- a student enrolled in a dual credit course which is taught at a public or private K-12 facility not located on a higher education institution campus
- a student incarcerated in a Texas prison



WHERE CAN I GET THE VACCINE?

You can get the vaccine from your health-care provider. You can also get it from a community vaccinator, such as a pharmacy.

HOW MUCH IS THE VACCINE?

The average cost of the vaccine itself is just over \$100.00 (could possibly range from \$100.00 to \$140.00). Individual health-care providers may also charge a fee for administering the vaccine. These charges will vary by provider. Check with your insurance plan to see if they cover the cost of the vaccine.

DO I HAVE TO PROVE I'VE HAD THE VACCINE?

You may show proof of vaccination against meningococcal disease by providing your college or university with an immunization record that shows you have been vaccinated against meningococcal disease in the last five years preceding, and at least ten days before the first day of the first semester, in which you initially enroll at a Texas college or university.

I DO NOT KNOW WHERE MY IMMUNIZATION RECORD IS. WHAT DO I DO?

To get a copy of your immunization records, go to your private health-care provider.

If you are under 18 years of age or have consented as an adult to keep your immunization records in ImmTrac, the Texas Immunization Registry, you can request a copy from ImmTrac by calling (800) 252-9152.

WHAT IF I DO NOT WANT TO GET THE VACCINE FOR REASONS OF CONSCIENCE?

Texas law allows for an exemption from immunizations for reasons of conscience, including a religious belief. There are two different processes to obtain an exemption form depending on the student's age and living situation. Students age 18 years or older and not living in on-campus housing may use the official Texas Higher Education Coordinating Board's form available at <http://www.theccb.state.tx.us/bacterialmeningitis>. Students under age 18 years or living in on-campus housing must use the official Texas Department of State Health Services (DSHS) form. The official DSHS form can be requested online at <https://webds.dshs.state.tx.us/immco/default.aspx>.

CONTACT INFORMATION

For more information about college and university meningococcal vaccine requirements, contact your university or the Texas Higher Education Coordinating Board at <http://www.theccb.state.tx.us/bacterialmeningitis> or call the Department of State Health Services, Immunization Branch at (800) 252-9152 or visit <http://www.CollegeVaccineRequirements.com>.