

Certain college students are at increased risk for meningococcal disease, a potentially fatal bacterial infection commonly referred to as meningitis.

In fact, freshmen living in residence halls are found to have a six-fold increased risk for this serious disease. A U.S. health advisory panel recommends that college students, particularly freshmen living in residence halls, be vaccinated against meningitis.

Get the facts about this infectious disease and the vaccine that can prevent it.



For More Information

American College Health Association
"Meningitis on Campus"
www.acha.org/projects_programs/meningitis

Centers for Disease Control and Prevention
www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm

NHTI Health Services
Student Center, SC 104
(603) 271-7153
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Baltimore, MD 21240-8937
(410) 859-1500 / www.acha.org

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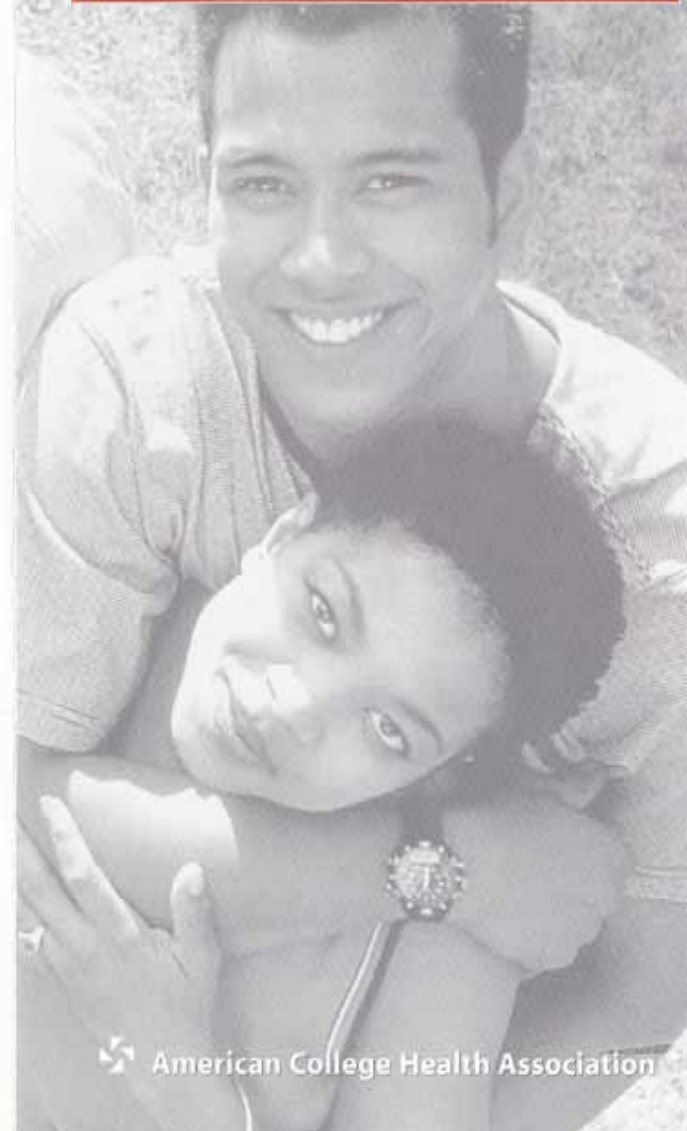
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Meningitis on Campus

Know Your Risk



 American College Health Association



Did You Know?

- Meningitis strikes 1,400-3,000 Americans each year and is responsible for approximately 150-300 deaths.
- Between 100 and 125 cases occur on college campuses every year.
- 5 to 15 college students die each year as a result.
- Cases among teenagers and young adults have more than doubled since 1991.
- The frequency of outbreaks increased at U.S. colleges and universities during the 1990s.

What Is Meningitis?

- Meningitis is a rare but potentially fatal bacterial infection.
- It can occur in two forms — as either meningococcal meningitis, an inflammation that affects the brain and spinal cord, or as meningococemia, the presence of bacteria in the blood.
- Permanent brain damage, hearing loss, learning disability, limb amputation, kidney failure, or death can result from the infection.

What Causes Meningitis?

- This infectious disease is caused by the bacterium *Neisseria meningitidis*, a leading cause of bacterial meningitis in older children and young adults in the U.S.

Is There a Vaccine to Help Prevent Meningitis?

- A safe, effective vaccine is available.
- The vaccine is 85% to 100% effective in preventing four kinds of bacterial infections (serogroups A, C, Y, W-135) that cause about 70% of disease in the U.S.
- The vaccine is safe, with mild side effects, such as redness and pain at the injection site lasting up to 2 days.
- After vaccination, immunity develops within 7 to 10 days and remains effective for a minimum of 3 to 5 years. As with any vaccine, vaccination against meningitis may not protect 100% of all susceptible individuals.

Is Vaccination Recommended for College Students?

- Certain college students, particularly freshmen who live or plan to live in residence halls, have a 6-fold increased risk of disease.
- The American College Health Association has adopted the recommendation of the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), which states that college students, particularly freshmen living in residence halls, be vaccinated against meningococcal meningitis.
- Other undergraduate students wishing to reduce their risk of meningitis can also choose to be vaccinated.

Early Symptoms of Meningitis

- | | |
|-------------------|------------------------|
| ✓ high fever | ✓ neck stiffness |
| ✓ rash | ✓ lethargy |
| ✓ vomiting | ✓ nausea |
| ✓ severe headache | ✓ sensitivity to light |

- Meningitis usually peaks in late winter and early spring, overlapping flu season, and symptoms can easily be mistaken for the flu.
- Because the infection progresses quickly, students should seek medical care immediately if two or more of these symptoms occur at one time.
- If untreated, meningitis can lead to shock and death within hours of the first symptoms.

Who Is at Risk for Meningitis?

Meningitis can strike at any age; however, certain groups have a greater risk for contracting the disease:

- College students, particularly freshmen, who live in campus residence halls.
- Anyone in close contact with a known case.
- Anyone with an upper respiratory infection with a compromised immune system.
- Anyone traveling to areas of the world where meningitis is endemic (prevalent in the region).

How Is Meningitis Transmitted?

- Meningococcal bacteria are transmitted through direct contact with a person already infected with the disease.
- Direct contact often occurs by exposure to air droplets from the nose and throat of an infected person.
- Direct contact also occurs with shared items, such as cigarettes or drinking glasses, or through intimate contact such as kissing.