Off to College?

Vaccination is your best shot at preventing meningococcal disease.

There are two types of vaccines that protect against several kinds of meningococcal disease.

Meningococcal A, C, W, Y vaccine (MCV4) is a routine recommendation for all children aged 11 to 12 years with a booster for teens aged 16 to 18 years. Serogroups A, C, W, and Y cause most meningococcal disease.

Meningococcal B vaccine (MenB) protects against serogroup B, and may be given to teens and adults aged 16 to 23 who have rare health conditions OR are at increased risk because of a meningococcal B disease outbreak.

Ask your healthcare provider which of these meningococcal vaccines you need, especially if you:

- Are a college student living in a dorm
- Plan to travel countries where meningococcal disease is common, OR
- Have a weakened immune system

Quick Facts

Meningococcal disease is a serious illness. It can cause blood infections and meningitis (swelling of the covering of the brain and spinal cord). It can lead to brain damage, disability, and death.

Meningococcal disease is a concern on college campuses, especially for students living in dorms. In WA, fewer than 20 cases occur each year. Of those, 8-12 cases are caused by serogroup C, W, or Y, and about 3 are caused by serogroup B.

Meningococcal disease requires close contact to spread. It is spread by coughing, kissing, or sharing anything by mouth with an infected person, such as eating utensils, lip balm, or tooth-brushes.

Call your doctor right away if you are in close contact with someone who may have meningococcal disease. Common symptoms include stiff neck, headache, fever, sensitivity to light, sleepiness, confusion, and seizures.

It starts with you... Get vaccinated!

www.doh.wa.gov/Immunization

If you have a disability and need this document in another format, please call 1-800-525-0127 (TDD/TTY call 711)

Washington State Department of Health
DOH 348-086 May 2018