

# Meningococcal Disease (Meningitis)

Meningococcal disease, one type of meningitis, is a severe bacterial infection of the bloodstream or meninges (a thin lining covering the brain and spinal cord) caused by the *Meningococcus* germ.

## WHO'S AT RISK

Anyone can get Meningococcal disease, but it is more common in infants and children. College students as a group are at lower risk of Meningococcal infection than young adults who are not in college. However, for some students, such as freshmen living in dormitories, there is an increased risk of Meningococcal disease. Between 100 and 125 cases of Meningococcal disease occur on college campuses every year in the United States; between 5 and 15 college students die each year as result of infection. Other persons at increased risk include household contacts of a person known to have had this disease, and people traveling to parts of the world where meningitis is prevalent.

## SPREADING MENINGOCOCCUS

The *Meningococcus* germ is spread by direct close contact with nose or throat discharges of an infected person. Many people carry this particular germ in their nose and throat without any signs of illness, while others may develop serious symptoms.

## SYMPTOMS

High fever, headache, vomiting, stiff neck and a rash are symptoms of Meningococcal disease. Among people who develop Meningococcal disease, 10-15% die, in spite of treatment with antibiotics. Of those who live, permanent brain damage, hearing loss, kidney failure, loss of arms or legs, or chronic nervous system problems can occur. Others recover completely.

The symptoms may appear two to ten days after exposure, but usually within five days.

## TREATMENT

Antibiotics, such as penicillin G or ceftriaxone, can be used to treat people with Meningococcal disease.

## PREVENTION

YES, a safe and effective vaccine is available. The vaccine is 85% to 100% effective in preventing infection with four kinds of bacteria (serogroups A,C, Y, W-135) that cause about 70% of the disease in the United States. The vaccine is safe, with mild and infrequent 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 approximately 3 to 5 years. As with many vaccines, vaccination against meningitis may not protect 100% of all susceptible individuals.

## SCHEDULING AN APPOINTMENT

Call 275-2662 to schedule an appointment at the University Health Service (UHS). UHS offers a full range of services. All visits to UHS are confidential.

## LINKS

The Centers of Disease Control and Prevention  
[www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal\\_g.htm](http://www.cdc.gov/ncidod/dbmd/diseaseinfo/meningococcal_g.htm)

The American College Health Association -Meningitis on Campus  
[http://www.acha.org/projects\\_programs/meningitis/disease\\_info.cfm#overview](http://www.acha.org/projects_programs/meningitis/disease_info.cfm#overview)