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

**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 toothbrushes.

**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.

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