

# Meningococcal Disease

## Think Ahead Get Vaccinated Reduce the Spread

Invasive meningococcal disease is caused by bacteria that can often be severe, deadly, and include infections of the lining of the brain and spinal cord (meningitis), and bloodstream.

### BE AWARE



Invasive meningococcal disease is primarily spread through direct contact with saliva or spit, such as through kissing, sharing drinks, or coughing at close contact.

Those at increased risk of getting sick include:

- Those who have not been vaccinated or who received the vaccine over 5 years ago.
- People in the same household (e.g., family, roommates).

### WHAT TO LOOK FOR



The most common symptoms include:

- Fever
- Headache
- Stiff neck

There are often additional symptoms, such as:

- Nausea
- Vomiting
- Photophobia (eyes being more sensitive to light)
- Altered mental status (confusion)

### LOWER THE RISK



Getting vaccinated or staying up-to-date with the meningococcal vaccines is the best protection against the disease. Taking precautions when in close contact with people who are sick, helps reduce the risk of getting meningococcal disease.



#### RESOURCES

[www.cdc.gov/meningococcal](http://www.cdc.gov/meningococcal)

