

Warning:
Sharing a sip
could be risky
for your teen.

20 FL OZ (1.25 PT)



Meningococcal meningitis can be a serious disease. Learn how you can help protect your child.

Kids share. That's just what they do. They swap water bottles, lip gloss, first kisses. Share a friend's fork. All activities where respiratory secretions, throat secretions, and saliva are exchanged. Yet all this sharing puts them at higher risk for meningococcal disease, an illness that, while rare, can cause death in as little as 24 hours from the start of symptoms.^{1,2}

You can't keep them from sharing, but you can help protect them with a simple vaccination. Talk to your healthcare provider or go to meningitis.com.

Vaccinate
Because kids share

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PARENTS DON'T KNOW HOW RISKY MENINGOCOCCAL DISEASE CAN BE FOR THEIR CHILD.

Now that your kids are older, you may think vaccinations are less important and that meningococcal meningitis is so rare that you don't have to worry about it.

Adolescents are actually at a higher risk for this terrible disease. It can be so deadly, fast moving, and hard to identify, that by the time it's finally diagnosed, it can be too late.³ That's why getting your child vaccinated is so important.



What exactly is meningococcal disease?

Often referred to as meningitis or meningococcemia, it is a serious and maybe fatal bacterial infection that most often causes severe swelling of the tissue around the brain and spinal cord (meningitis) or a serious blood infection (meningococcemia).⁴

- ✓ Each year 1,400-2,800 cases happen in the US⁵
- ✓ About one in ten people with meningococcal disease die in the US, even when they get appropriate antibiotic treatment⁶
- ✓ Of those who survive, one in five suffer from some serious consequences such as permanent hearing loss, loss of arms and legs, or brain damage⁶
- ✓ Although anyone can get meningitis, adolescents are at an increased risk for meningococcal disease, making up nearly one third of all US cases⁷

TYPICAL TEEN BEHAVIOR CAN INCREASE THE RISK OF GETTING MENINGOCOCCAL DISEASE.

Your child can catch meningococcal disease in the most innocent of ways. Sharing a bottle of water. Borrowing lip balm. Using someone else's straw. When saliva is shared, there is a risk.^{1,2}

Meningococcal disease may be rare, but it can be so serious that you don't want to take a chance.

First symptoms often seem like a cold or the flu, so it's easy to think it's something less severe.³ Even if it is treated early, it can cause death (in as little as 24-48 hours from the start of symptoms).¹



Does your child do any of the following?

- | | yes no |
|---|---|
| Share drinking glasses,
eating utensils, food? | <input type="radio"/> <input type="radio"/> |
| Live in a dormitory? | <input type="radio"/> <input type="radio"/> |
| Share makeup? | <input type="radio"/> <input type="radio"/> |
| Kiss a boyfriend
or girlfriend? | <input type="radio"/> <input type="radio"/> |
| Go to overnight camp? | <input type="radio"/> <input type="radio"/> |
| Share water bottles? | <input type="radio"/> <input type="radio"/> |

COMMON ADOLESCENT BEHAVIOR SUCH AS THESE LISTED ABOVE PLACE ADOLESCENTS AT **INCREASED RISK OF MENINGOCOCCAL DISEASE**. ASK YOUR HEALTHCARE PROVIDER ABOUT GETTING YOUR CHILD VACCINATED.

THERE'S A GOOD CHANCE YOUR CHILD'S VACCINATION COST IS COVERED.

It can be simple and inexpensive to have your child vaccinated against meningococcal disease.

- ✓ All or most of the cost of vaccines is usually covered for families with health insurance
- ✓ Free vaccines are available through the Vaccines for Children (VFC) program for children aged 18 and younger if they are Medicaid eligible, uninsured, underinsured, or American Indian, or an Alaska native⁸
- ✓ Healthcare providers can charge a fee to give each shot. However, VFC vaccines cannot be denied to an eligible child if the family cannot afford the fee⁸
- ✓ Learn more about the VFC program at www.cdc.gov/vaccines/programs/vfc/contacts-state.htm
- ✓ Or call 1-800-CDC-INFO (1-800-232-4636)

A simple vaccination offers
your child the best protection.

The majority of adolescent cases of meningococcal disease may be vaccine preventable.⁶

The Centers for Disease Control and Prevention (CDC) recommendations for routine vaccination include:

- ✓ Vaccination for anyone 11-18 years of age, preferably at age 11 or 12⁹
- ✓ A booster at age 16 if the original vaccination was given at age 11 or 12⁹
- ✓ A booster between ages 16 and 18 for those who received the primary dose at age 13-15 years⁹
- ✓ Vaccination for college freshmen living in dormitories who haven't previously been vaccinated¹⁰

No booster is needed if the primary dose was given on or after age 16 years.⁹

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FROM THE DESK OF
NURSE R.E. RHYMES

Talk to your healthcare provider

about getting your adolescent vaccinated against meningococcal disease today

Even if you're at your healthcare provider for some other reason, it's a good time to talk about protecting your child from meningococcal disease. Here are some important questions to ask.

- ✓ Was my child ever vaccinated for meningococcal disease?
- ✓ Does my child need to be vaccinated again?
- ✓ If my child wasn't vaccinated, is there a reason why?
- ✓ What activities increase the risk of spreading this disease?
- ✓ How does vaccination help protect my child from developing meningococcal disease?
- ✓ What are the possible side effects of vaccination?
- ✓ Can my child be vaccinated now or should I make an appointment?

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Nurse R.E. Rhymes
is here to help protect your child.



Meningococcal Disease Glossary of Terms

Bacterial meningitis

a serious infection of the tissue around the brain and spinal cord, caused by a bacteria, like *Neisseria meningitidis*

Immunization

often known as a vaccination, is the introduction of a foreign substance into the body to produce an immune response.

Meninges

three-layer lining that protects and cushions the brain and spinal cord

Meningitis

soreness and swelling of the meninges

Meningococcal meningitis

severe swelling of the tissue around the brain and spinal cord (meninges) caused by *Neisseria meningitidis*

Meningococcal vaccine

a vaccine that gives protection against bacteria that can cause meningitis or severe bloodstream infection

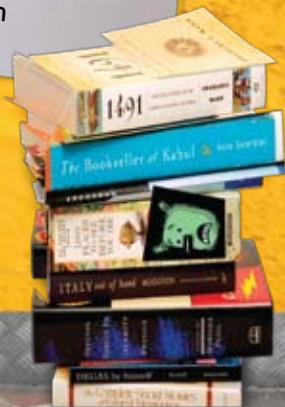
Meningococcemia

infection of the blood (sepsis) caused by the bacteria *Neisseria meningitidis*

Purpuric rash

a potential sign of meningococcal disease; often appears as flat, dark purple spots on the arms, legs, and then the torso or mid-section

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Notes

Don't risk it. Get your child vaccinated now.

Talk to your healthcare provider about getting your child vaccinated against meningococcal disease or visit meningitis.com for more information.

Vaccinate
Because kids share

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