

HOW'S IT SPREAD?

Meningitis can be spread through saliva secretion so that can entail kissing, sneezing, coughing, not washing your hands, sharing utensils, drinks, or cigarettes - The disease is transferred through the spreading of germs. Common everyday activities can be the reason behind why or how meningitis is spread such as living in close quarters (dormitories or sleep-away camps). **10% of the population are carriers of the bacteria but for teens and young adults, the percentage number increases.** The bacteria can live in the nose or in the back of the throat. You can be a carrier of the disease and not be infected, however some things like a weaken immune system can put people at a greater risk of catching the disease.

"I got out of the hospital 7 months later without my fingers or legs below the knee, weighed 80 lbs, and lost most of my hair. I didn't recognize myself."



**JAMIE
SCHANBAUM**
Survivor

REMEMBER MENINGITIS ISN'T SOMETHING THAT YOU CURE, IT'S SOMETHING THAT YOU PREVENT. GET VACCINATED AND PREVENT WHAT'S PREVENTABLE.

HOW TO PROTECT AGAINST MENINGITIS

The Centers of Disease Control and Prevention (CDC) have shown that, following infancy, there is a second peak in meningococcal disease incidence among adolescents and young adults between 15 and 21 years of age. Even though the disease is rare, it can result in severe, permanent disabilities and death, so it is important to take the steps to prevent meningitis from ever occurring through vaccination.

The CDC's Advisory Committee on Immunization Practices (ACIP) have recommended to help protect adolescents, teens, and young adults from Meningitis. Currently, there are two different types of vaccinations that work together to help protect against the 5-vaccine preventable serogroups of Meningitis (A, B, C, W, & Y). The first vaccine, that fights against A, C, W, & Y, is given at ages 11-12 and the booster vaccine is administered at ages 16-18. It's important to note that the booster is just as essential as the primary dose, however, only 30% of those who have received their primary dose, have had their booster as well. Make sure to get the booster at ages 16-18 to fight against A, C, W & Y groups of Meningitis. While the first vaccination has been around since 2005, the second vaccine (Meningitis B) has only been around since late 2014. ACIP recommends that adolescents and young adults aged 16-23 years may be vaccinated with serogroup B meningococcal (MenB).

FIND MORE INFORMATION:

www.CDC.gov/meningitis
www.Meningitis.com
www.TheJamieGroup.org



MENINGITIS AWARENESS

PREVENT WHAT'S PREVENTABLE

As students begin to go back to school, it's imperative that their vaccinations are up to date, especially the meningitis vaccines. Meningococcal meningitis is a rare but potentially devastating disease that can typically kill an otherwise healthy person within 24 hours. Often, early on symptoms can be misdiagnosed as the flu but can become progressively worse all in 1 day. The best tool of prevention of meningitis is through vaccination.

WHAT IS MENINGITIS?

Meningitis can be caused by bacteria, a virus, a fungus, and rarely other non-infectious causes such as chemical reactions, drug allergies, etc. Meningococcal disease is a serious bacterial infection that can cause inflammation around the brain and spinal cord, which includes meningitis. Meningococcal disease can also produce an infection of the blood called meningococcal septicemia that can cause lack of blood flow to the extremities to protect the internal organs due to the fact that the blood has become toxic.



1 out of 10 people who get meningococcal disease will die from it, and out of those who survive,



1 out of 5 will have long term consequences such as internal organ failure, mental damages, limb amputations, and/or severe scarring.

Data shows that each year

800-1200

Americans will get the meningococcal disease.

WHAT ARE THE SYMPTOMS?

Signs of meningitis can appear quickly or over several days. Symptoms include nausea, vomiting, headaches, confusion, photophobia & phonophobia.

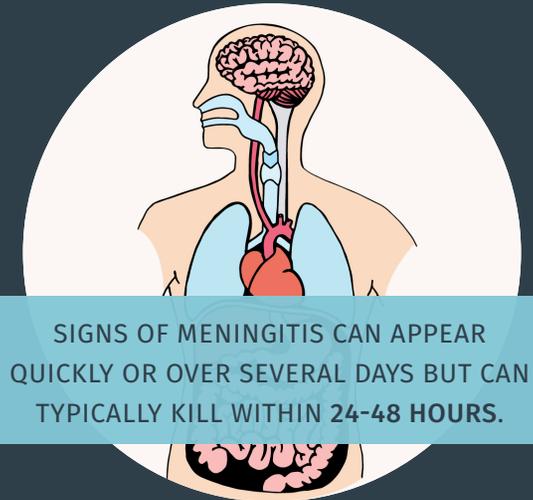
Over time, symptoms can progress to fever, cold hands and feet, severe muscle pain, pale, blotchy skin, spots/rash, stiff neck, and even convulsions and seizures.

Treatment of meningitis can be handled with a number of antibiotics, however, it's important for the treatment to happen as soon as possible. The best action towards preventing meningitis is through vaccination.

"While this disease can last a couple of hours, the lasting impact can last a life time."



NICK SPRINGER
Survivor



SIGNS OF MENINGITIS CAN APPEAR QUICKLY OR OVER SEVERAL DAYS BUT CAN TYPICALLY KILL WITHIN 24-48 HOURS.

"Meningitis killed my daughter within 30 hours of the onset of a headache - and it could have been prevented."



ALICIA LEWIS STILLMAN
Mother

WHO'S AT RISK?

The fact of the matter is that meningitis is indiscriminant and unpredictable. The disease can occur at any age but teens and young adults are at a greater risk due to their social behaviors. Common everyday activities can put a healthy individual at risk for catching meningitis.