Meningococcal Disease Can Be Life-Threatening\textsuperscript{1,2}

**Booster vaccination recommended at 16 years of age**

The Advisory Committee on Immunization Practices (ACIP) recommends meningococcal vaccination beginning at 11-12 years of age, with a booster dose at 16 years of age. Parents of adolescents should check with their health care professional about the need for meningococcal vaccination.\textsuperscript{3}

**Make sure your teen is vaccinated against the disease**

Meningococcal disease (including meningococcal meningitis) is a rare, but potentially life-threatening, bacterial infection.\textsuperscript{1,2} Teenagers and young adults are at increased risk of getting meningococcal disease (meningitis).\textsuperscript{3} Meningococcal disease can develop rapidly and be fatal to an otherwise healthy person within hours.\textsuperscript{4} Of those who survive meningococcal disease, 1 in 5 is left with serious medical problems, including loss of a limb, hearing loss, and brain damage.\textsuperscript{5-7}

**Serious symptoms develop quickly**

The bacteria that cause meningococcal disease are spread through the air via sneezing or coughing.\textsuperscript{1} The bacteria can also spread from person to person by kissing or sharing a drinking glass with an infected individual.\textsuperscript{1,8} While meningococcal disease may initially feel like influenza, it can quickly turn deadly, with the following symptoms:\textsuperscript{2,8}

- Severe headache
- High fever
- Stiff neck
- Nausea and vomiting
- Cold hands and feet
- Sensitivity of eyes to light
- Confusion
- Rash
- Seizures