

In the past **three years**, more than **34 U.S. college campuses** were impacted by meningococcal disease.

#PLEDGE2PREVENT

Ask your doctor about both vaccines available to prevent meningitis:



Get Educated:



Teens and young adults are at increased risk for meningococcal disease, a rare but dangerous infection also known as bacterial meningitis.



Meningococcal serogroup B (or MenB) is the most common cause of recent meningococcal disease outbreaks at US college campuses.



The disease can make you very sick, very fast. It can lead to death or complications, such as limb amputations or organ damage, **within 24 hours**.

Take the Pledge2Prevent by Getting Vaccinated:



2 kinds of vaccines together offer the best protection against 5 major serogroups (or types) of meningococcal disease:



MenACWY vaccine: one dose at age 11-12 years with a booster at age 16 years
- PLUS -
MenB vaccine: 2-3 doses, preferably at age 16-18 years (or up to 23 years)

A Student's Battle with Meningitis

(It Happened to Kolton)



Kolton was a collegiate wrestler who ranked second in the nation when he suddenly felt achy and exhausted at practice one day. His doctor thought he had "mono" and sent him to his dorm where he began vomiting.

When Kolton later became unresponsive and developed a purplish rash on his arms and legs, his roommate rushed him to the ER. Kolton was in the hospital for over 3 weeks, lost 65 pounds and was left with scars all over his arms and legs. He had received the MenACWY vaccine, but he contracted Serogroup B meningococcal disease.

Learn the Symptoms Too:



Vaccination can't prevent every case. Early symptoms are often mistaken for flu or other illnesses.



Symptoms may include but aren't limited to **high fever, purplish rash, headache, stiff neck, confusion, nausea, vomiting, exhaustion.**

"Fighting meningitis was the biggest obstacle I ever faced. The pain was so intense at times I didn't want to live. I urge every student to learn more about meningitis and get both vaccines."

Visit the National Meningitis Association's website at nmaus.org to learn more.