

OFF TO COLLEGE?



MEDICINE

MODERN ART

LAW

Before you start college,

make sure you are up-to-date on all your shots.

College Immunization Checklist:

- MMR** (measles, mumps, rubella) – 2 doses
- Tdap** (tetanus, diphtheria, pertussis)
- Varicella** (chickenpox) – 2 doses
- Hepatitis B** – 3 doses
- HPV** (human papillomavirus) – 3 doses
- Meningococcal**
Check with your health care provider

Some of these are recommended and others are required for enrollment. Check with your school.

Students in On-Campus Housing:

I have reviewed this information and...

- I received** meningococcal vaccines on

Vaccine: _____

Date: / /

- I intend** to receive meningococcal vaccine(s).

- I do not** intend to receive meningococcal vaccine(s).

Printed Name _____

Birthdate / /

Signature _____

Date / /

Return signed form to:

_____ ✂

What you should know about meningococcal disease:

- Meningococcal (me-nin-je-kok-ul) disease is a serious illness caused by bacteria that can infect the blood or areas around the brain and spinal cord. Infection can lead to brain damage, disability, and rapid death.
- Meningitis is the most common form of meningococcal disease. Common **symptoms of meningitis** include stiff neck, headache, and high fever.
- Meningococcal vaccines can help prevent meningococcal disease.
- Check with your health care provider about which meningococcal vaccines you need.

College freshman in dorms are at higher risk of catching meningococcal disease.



How Many People Get the Disease? Who Is Likely To Get It?

Meningococcal disease is a rare but serious disease. An estimated 1,000 people get meningococcal disease each year in the U.S., with 130 to 200 of them in California. After infancy, older adolescents and young adults have the highest rate of meningococcal disease. College freshmen living in dorms are particularly at risk.

How Serious Is It?

Even if treated, 10–12% of people who get meningococcal disease will die from it. Of the survivors, 11–19% lose their arms or legs, become deaf or brain damaged, or suffer other complications.

How Are Meningococcal Bacteria Spread?

The bacteria are spread from person to person through air droplets. Close contact such as kissing, coughing, smoking, and living in crowded conditions (like dorms) can increase your risk of getting the disease.

Overall, 5–10% of the U.S. population has the meningococcal bacteria in their throat, but only a few of them get sick. No one knows why some people get sick and others don't.

How Can I Protect Myself?

You can protect yourself by:

- not sharing items that have touched someone else's mouth, such as cups, bottles, cigarettes, lip balm, and eating utensils;
- not smoking; and
- getting vaccinated against meningococcal disease. Check with your health care provider about which meningococcal vaccines you need.



“It could happen to anyone. Get immunized.”

—Jonathan Deguzman (*meningococcal disease survivor*)

For more information:

California Department of Public Health,
Immunization Branch: shotsforschool.org/college

Centers for Disease Control and Prevention: www.cdc.gov/vaccines

American College Health Association: www.acha.org

Ask your healthcare provider or student health service!

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