



## Vaccination — The Best Protection

Vaccination has been available for years and is a safe and effective way to help prevent meningococcal meningitis.

To help protect against meningococcal disease, the Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) recommends routine vaccination of adolescents 11 through 18 years of age (a single-dose of vaccine should be administered at 11 or 12 years of age, with a booster dose at 16 years of age for children who receive the first dose before 16 years of age).

Talk to your child's school nurse or health care provider about meningococcal meningitis prevention or to schedule a vaccination appointment.

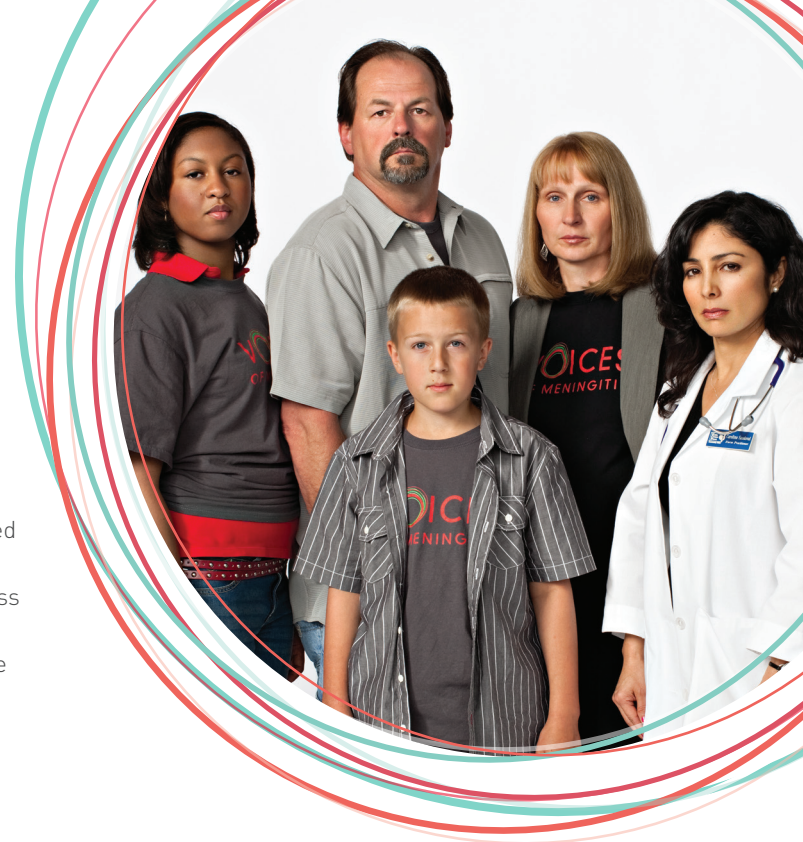
## Every Health Care Visit Is A Vaccination Opportunity

Opportunities to get your adolescent and young adult vaccinated include:

- Routine visits
- Sports physicals
- Pre-adolescent health-care visits
- Annual back-to-school checkups
- Pre-college physicals
- Sick visits for minor illnesses

## The Many Voices of Meningitis

Voices of Meningitis is an educational initiative powered by the National Association of School Nurses (NASN), in collaboration with Sanofi Pasteur, to raise awareness among parents about the serious consequences of meningococcal meningitis and how to help prevent the disease through vaccination.



Visit  
[www.facebook.com/  
VoicesofMeningitis](https://www.facebook.com/VoicesofMeningitis)

**Make an appointment  
to have your child  
vaccinated today.**

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*Voices of Meningitis* is a program of the NASN in collaboration with Sanofi Pasteur.



National Association of School Nurses

# VOICES OF MENINGITIS™

A Meningococcal Disease Prevention Campaign  
from the National Association of School Nurses

In collaboration with Sanofi Pasteur

## Giving Voice to Meningitis Prevention

## Hear From Some *Voices of Meningitis* About Why Vaccination Is So Important.



**Olga Pasick,**  
Mother

"My son didn't have to die. If David had been vaccinated, he might still be here today."



**Shara Johnson,**  
Mother

"My son lost his feet and fingers to a disease I knew nothing about. Every parent should talk to their child's health care provider about vaccination."



**Carolina Sandoval, RN, PNP**  
School Nurse

"The more we empower families with information about meningitis, the better chance we have to fight this potentially devastating disease."



**Carye Wynn,**  
Meningitis Survivor

"I was in the hospital for a month and on life support for 15 days. My surviving meningitis was a miracle."

To hear more Voices of Meningitis, visit [www.facebook.com/VoicesofMeningitis](http://www.facebook.com/VoicesofMeningitis).

# Preteens and Teens are at Greater Risk

## Get Preteens And Teens Vaccinated

Many adolescents, young adults and their parents don't understand the seriousness of meningococcal disease, which includes meningococcal meningitis, or that health officials recommend adolescents and young adults be vaccinated beginning at 11 or 12 years of age, with a booster dose at 16 years of age.

**Although rare, meningococcal meningitis is very serious and can cause death or disability in an otherwise healthy person in as little as 1 day after symptoms appear.**

Adolescents and young adults are at greater risk for contracting the disease, which can potentially be prevented through vaccination. Help protect adolescents and young adults by getting them vaccinated.

## Meningococcal Meningitis Is Very Serious

Meningococcal disease describes the spectrum of infections caused by the bacterium called *Neisseria meningitidis*; this bacterium is also known as meningococcus. Meningococcal disease can occur as meningitis, swelling of the tissues around the brain and spinal cord; bacteremia, a severe blood infection; or pneumonia. The disease can be difficult to recognize, especially in its early stages, because symptoms are similar to those of common viral illnesses. But unlike more common illnesses, the disease moves quickly and can cause death or disability in as little as 1 day.

In fact, data shows that 10 to 15 percent of the 800 to 1200 Americans who get meningococcal disease each year will pass away from the disease. Of those who survive, nearly 1 in 5 is left with serious medical problems, including:

- Amputation of arms, legs, fingers, and toes
- Neurologic problems
- Deafness
- Kidney damage

## Why Adolescents and Young Adults Are At A Greater Risk

Certain lifestyle factors are thought to put adolescents and young adults at greater risk for infection, including:

- Sharing drinking glasses, eating utensils, or water bottles
- Being in crowded situations for prolonged periods of time
- Kissing
- Not getting enough sleep, as fatigue may also put people at greater risk of meningococcal disease, possibly by weakening the immune system.
- Living in close quarters (eg, dormitories, boarding schools, and sleep-away camps)

**These common everyday activities can put even healthy individuals at greater risk for getting meningococcal meningitis.**



**Bob and Dee Dee Werner,**  
Parents

"Becky started feeling sick on Tuesday and by Wednesday she was gone. It happens that fast. That's why vaccination is so important."



**Amy Purdy,**  
Meningitis Survivor

"I lost both of my legs, my kidneys, my spleen, part of my hearing, and almost my life to meningitis. And I'm one of the lucky ones."