Signs and Symptoms

- Fever
- Severe sudden headache
- Neck or back stiffness
- Sensitivity to light
- Rashes
- Abdominal discomfort
- Body aches and pains
- Extreme fatigue
- Nausea/Vomiting

**If you are experiencing ANY of these symptoms, please seek medical attention immediately!**

Where can I find more information?

Call Health Service 581-2727

or

visit any of the following sites:

www.cdc.gov/meningitis/index.html

http://www.meningitis.org/

http://www.mayoclinic.com/health/meningitis/DS00118

get the facts before its too late
What is Meningitis?

MENINGITIS is the inflammation of the lining surrounding the brain and spinal cord. It can be caused by several different organisms like bacteria and viruses.

Bacterial Meningitis
Bacterial Meningitis is rare but very serious requiring immediate treatment with antibiotics. It can occur any time during the year. Meningococcal meningitis is a form of bacterial meningitis and can be fatal if left untreated.

Viral Meningitis
Commonly occurs in late summer and early fall. Viral meningitis cases are not very long in duration and are unaffected by antibiotics. People who had contact with viral meningitis do not require medical treatment. However, consultation with a medical provider is recommended.

Meningitis Vaccination

A growing threat on campus
The risk of a meningitis outbreak is much greater on college campuses than in the general public. As a result, the American College Health Association (ACHA) has issued a recommendation that college students consider vaccination with the meningococcal vaccine for effective protection against potentially fatal meningococcal disease.

A simple way to reduce your risk
Vaccination is an easy and effective way for students to protect themselves against possible infection. Meningitis outbreaks can develop very quickly, and cases tend to happen close together in time. So getting vaccinated now can reduce your risk for disease if an outbreak does occur.

After discussing the desire for a meningitis vaccine with a nurse, the vaccine may be purchased at the Health Service Pharmacy. The cost of the vaccine is $90 and half of the total charge is due at the time it is requested and/or ordered.

Call 581-2727 for an appointment

Crowded environments, such as residence halls and college parties promote the spread of the disease

Forms of Prevention

1. Get vaccinated!

2. Support a healthy lifestyle
   - Eat a variety of healthy foods daily
   - Wash your hands often
   - Drink plenty of water
   - Get enough sleep
   - Exercise regularly

3. Avoid sharing personal items