MENINGOCOCCAL MENINGITIS

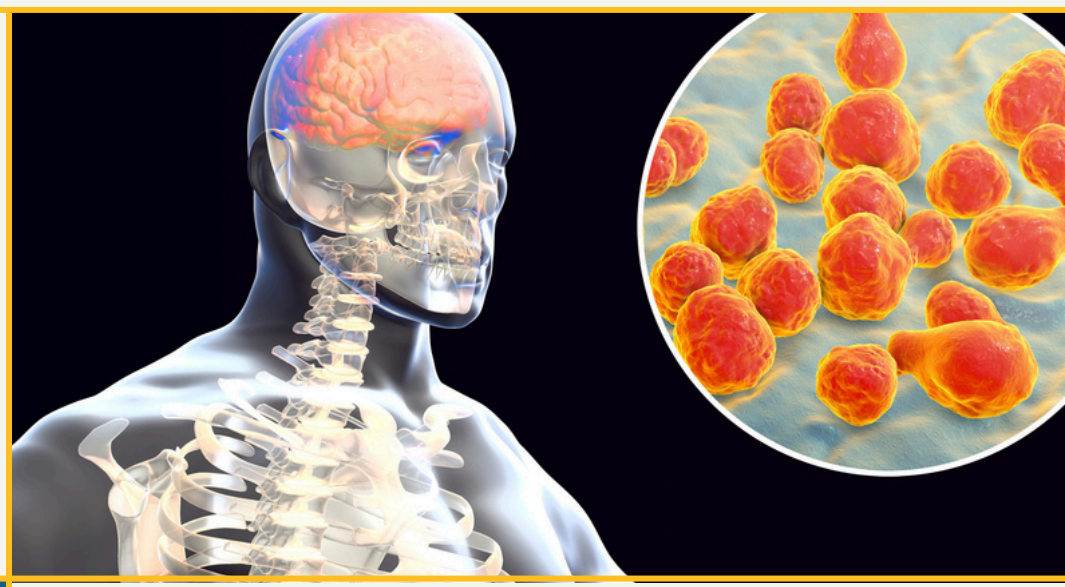
KNOWLEDGE, PREVENTION, PROTECTION

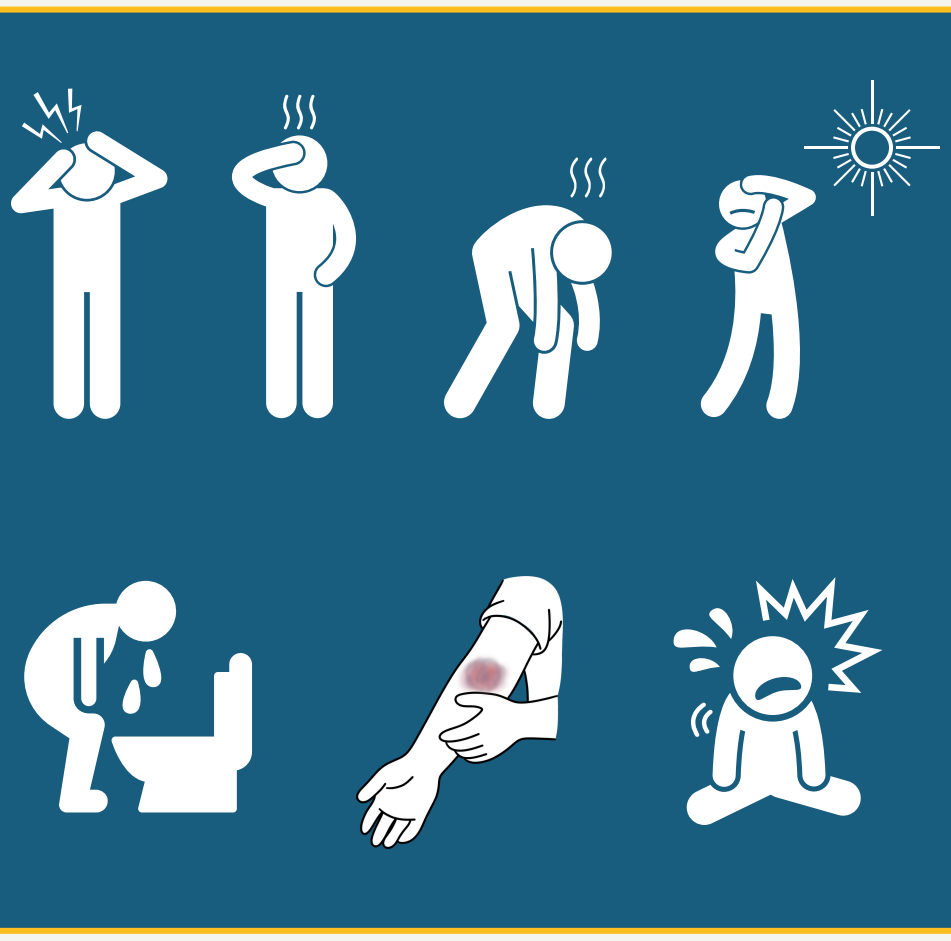
What is Meningococcal Meningitis?

Meningococcal meningitis is a serious bacterial infection that affects the thin lining around the brain and spinal cord.

Without treatment, it can lead to:

- Severe brain damage
- Permanent disability
- Death





Know the Symptoms

Common Symptoms:

- Stiff neck
- High fever
- Sleepiness or extreme tiredness
- Sensitivity to bright light
- Vomiting
- Red or purple spots or bruises on the skin
- Severe headaches
- Confusion

In Babies

- Refusing to feed
- Unusual crying
- Sleepiness or difficulty waking

Symptoms can appear suddenly and become serious very quickly.

If you or someone in your household has symptoms of meningococcal meningitis, contact your medical health provider.

How Does It Spread?

Meningococcal meningitis spreads from person to person through droplets from the nose and mouth when an infected person:

- Coughs
- Sneezes
- Talks

The infection spreads more easily during:

- Close contact with an infected person
- Large gatherings
- Crowded living conditions

How Can You Protect Yourself?

Prevention Tips

- Get immunized against meningococcal disease
- Avoid close contact with anyone showing symptoms
- Cover coughs and sneezes and practice good hand hygiene
- Wear a mask to help reduce respiratory transmission, especially if cases have been reported in your community
- Avoid smoking

Protect Yourself and Your Family

Get Immunized

The meningococcal vaccine greatly reduces your risk of getting this infection and helps protect those around you.