

Meningococcal Disease

1. What is meningococcal disease?

Meningococcal disease is caused by bacteria called *Neisseria meningitidis*. Two common types of meningococcal disease are meningitis (infection of the brain and spinal cord) and bloodstream infections. Both are serious and can be deadly within hours.

2. How does meningococcal disease spread?

The meningococcal bacteria can live in the nose and throat. They can spread to others through contact with saliva (spit) or droplets that come out while coughing or sneezing. Close contact (like kissing) or living together can spread the bacteria. Meningococcal disease is not as contagious as the cold or flu.

3. What are the signs of meningococcal disease?

Symptoms can include fever, headache, stiff neck, confusion, nausea and vomiting, sensitivity to light, rash, and muscle pain all over the body. If you have some of these symptoms, get medical care quickly.

4. How is meningococcal disease treated?

This disease can be cured if treated early with antibiotic medicine. Most people with meningococcal disease will need to go to the hospital for antibiotics and other treatment.

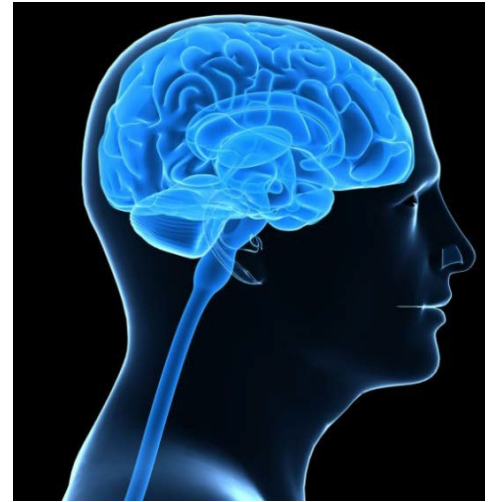
5. How can you prevent the spread of meningococcal disease?

The best way to prevent meningococcal disease is to get vaccinated. Meningococcal vaccination is recommended for

- All preteens and teens
- Children and adults at increased risk for meningococcal disease

People at increased risk can include those with certain medical conditions that weaken the immune system or those receiving certain medications. Additionally, college students and travelers to areas where meningococcal disease is common are at higher risk. Ask your doctor about vaccination if you may be at higher risk of this disease.

If you've had recent close contact with a person who had this disease, contact your doctor quickly. Your doctor or Public Health will advise you on your risk and need for preventive antibiotics.



Key Points

- Meningococcal disease is caused by bacteria and can be serious and deadly.
- People can spread the bacteria through close contact with other people.
- The disease can be treated with antibiotics.
- Vaccination is the best way to prevent meningococcal disease. Talk to your doctor to see if vaccination is right for you.

For more information:

Los Angeles County,
Department of Public Health
<http://publichealth.lacounty.gov/acd/>

California Department of
Public Health www.cdph.ca.gov/

Centers for Disease Control and
Prevention (CDC)
<https://www.cdc.gov>

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