

# YOU *Can* PROTECT YOURSELF AND YOUR COMMUNITY AGAINST MENINGOCOCCAL DISEASE



**!** Know the symptoms of meningococcal disease so you can seek medical care as soon as possible, and make sure you are vaccinated to protect yourself and others.

## What You Can Do

**The MenACWY and MenB vaccines can help protect you and others in your community from getting infected.**

- Proven safe and effective
- Available your local health department
- Could save your life

People at increased risk for meningococcal disease should make sure they are up-to-date on the MenACWY and MenB vaccines. This includes:

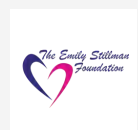
- Anyone with complement component deficiency, an immune disorder
- Anyone taking a type of medicine called a "complement inhibitor" (for example, Soliris® or Ultomiris®)
- Anyone whose spleen is damaged or has been removed, including people with sickle cell disease
- People with HIV

**Contact your local health department at (804) 864-8141 or visit [vdh.virginia.gov](http://vdh.virginia.gov) to learn more.**

**If you begin to experience symptoms, contact your doctor immediately.**

This information is brought to you by the Virginia Department of Health in collaboration with the Kimberly Coffey Foundation and the Emily Stillman Foundation. The Foundations were founded in memory of Kimberly and Emily who lost their young lives to meningococcal disease.

Learn more at:  
[kimberlycoffeyfoundation.org](http://kimberlycoffeyfoundation.org)  
[foreveremily.org](http://foreveremily.org)



## What is Meningococcal Disease?

Meningococcal disease is a potentially deadly bacterial infection, mainly caused by 5 types of meningococcal bacteria: A - B - C - W - Y. Symptoms can come on fast and include:



HIGH FEVER



STIFF NECK



VOMITING



MUSCLE ACHES



HEADACHE & ALTERED MENTAL STATE



PURPLE, DARK BROWN OR BLACK RASH

**It can kill in as little as 24 hours or cause permanent complications: brain damage, hearing loss, learning disabilities or limb amputations.**

## How It Spreads

It is easy to spread from person-to-person by:



Sharing anything that comes in contact with saliva



Being in close quarters



Sharing tobacco or marijuana products



Kissing



Being sneezed or coughed upon