



What you need to know about the **Meningococcal vaccine (meningitis)**

The most common type of meningococcal disease is meningitis, an infection of the lining surrounding the brain. Meningitis spreads quickly and can cause death or permanent health complications. The meningococcal vaccine helps the body fight the bacteria that cause meningitis. To learn more, read the frequently asked questions below. Talk to your primary care provider about meningococcal and other recommended vaccines.

Who should get the meningococcal vaccine, and when?

Meningitis immunization is recommended for pre-teens and adolescents, with the first dose at 11-12 years and a booster at 16. Adults and infants/children under 10 with certain health conditions may benefit from immunization. Pregnant and/or breastfeeding women who are at increased risk for certain types of meningococcal infection may be vaccinated. Ask your doctor if the vaccine is right for you or your family.

Are meningococcal vaccines safe?

Yes, the vaccine is safe and very effective. Millions of doses have been given over the last two decades, proving it is a safe, effective way to protect yourself and others from meningococcal infections.

Are there any side effects from getting the vaccine?

Some people experience very mild side effects, like fatigue or low-grade fever. The most common side effect is a bit of soreness at the injection site (where the shot is given).

Why is this vaccine so important?

Meningitis acts quickly and can lead to long-lasting health problems or even death. Certain groups are at a higher risk of contracting meningitis, such as military personnel, college students, immunocompromised people and frequent travelers. Vaccination helps fight invasive meningococcal bacteria, protecting yourself and your loved ones.

To learn more about the meningococcal vaccine or other routine immunizations for your family, talk to your primary care provider or visit beimmunekansas.org.

