



# Indiana State Department of Health

## Epidemiology Resource Center

### Quick Facts

#### About...Meningococcal Disease

##### What is meningococcal disease?

*Neisseria meningitidis* bacteria are normally found in the nose and throat of 10 – 15% of healthy adults. Rarely, the bacteria enter areas of the body where bacteria are normally not found and cause a severe, life-threatening infection (“invasive disease”) known as meningococcal disease. Examples of meningococcal disease include meningitis (infection of the lining of the brain and spinal cord) and septicemia (bloodstream infection). This is a very rare disease; around 30 cases are reported each year in the state of Indiana.

##### How is meningococcal disease spread?

*N. meningitidis* bacteria are spread from person to person *only through* direct contact with an infected person’s nose or throat secretions, including saliva. Some common ways the bacteria can be spread from an infected person are:

- Living in the same household
- Kissing on the lips
- Sharing drinks from the same container (glasses, cups, water bottles)
- Sharing eating with utensils (forks and spoons)
- Sharing a toothbrush, cigarettes, or lipstick

##### Who is at risk for meningococcal disease?

Young infants, students attending high school or college, and military recruits are more likely to get the disease. People with a weakened immune system are also at higher risk for the disease, as well as those who live in crowded settings or have household exposure to cigarette smoke.

##### How do I know if I have meningococcal disease?

If you have any of the symptoms below, it is important to seek medical attention immediately. An infected person may become very sick within a few hours of developing symptoms. Your health care provider may collect blood or spinal fluid to see if the bacteria are present.

### **What are the symptoms of meningococcal disease?**

Symptoms of meningococcal disease include:

- Fever (sudden onset)
- Severe headache
- Stiff neck
- Drowsiness or confusion
- Skin rash that appears as bruising or bleeding under the skin
- Nausea and vomiting
- Eyes that are sensitive to light

In babies, the symptoms are more difficult to identify but may include:

- Fever
- Fretfulness or irritability
- Poor appetite
- Difficulty in waking the baby

### **How can meningococcal disease be treated?**

The disease is treated with several different types of antibiotics, and early treatment may reduce the risk of complications or death from the disease. A 24-hour course of antibiotic therapy reduces a person's likelihood of spreading the bacteria. Supportive care in an intensive care unit may be necessary for those with severe infection, and surgery may be needed to remove damaged tissue and stop the spread of infection.

### **How is meningococcal disease prevented?**

Good hygiene can prevent the disease. Cover the nose and mouth when sneezing or coughing, throw away used tissues, and wash hands often. Do not share eating or drinking utensils with anyone.

There are three vaccines that protect against most types of this disease. See your health care provider about which one is right for you. A dose of meningococcal vaccine is recommended for children and adolescents 11 or 12 years of age with a booster at 16 years of age. Meningococcal vaccine is also recommended for other people at increased risk for meningococcal disease, such as:

- College freshmen living in dormitories
- U. S. military recruits
- Travelers to countries where meningococcal disease is common, such as parts of Africa
- Anyone with a damaged spleen, or whose spleen has been removed

- Persons with certain medical conditions that affect their immune system (check with your health care provider)
- Microbiologists who are routinely exposed to meningococcal bacteria

For information on the availability of meningococcal vaccine, contact your health care provider or local health department. Revaccination after five years may be indicated for certain at-risk individuals.

All information presented is intended for public use. For more information, please refer to the Centers for Disease Control and Prevention website on meningitis: <http://www.cdc.gov/meningococcal/index.html>.

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