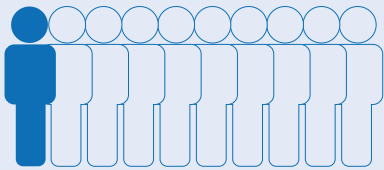


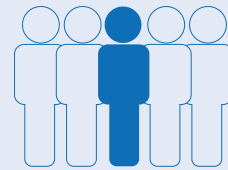
# Meningococcal Disease in Teens and Young Adults

Meningococcal disease is a rare but very serious infection caused by meningococcal bacteria (*Neisseria meningitidis*).

It is spread through close contact with others such as sharing drinks, intimate kissing, and sneezing.



Death occurs in about **1 out of 10** cases, even with treatment.



**1 out of 5** who survive it will be left with long-term problems such as limb amputations and brain damage.



Teens and young adults ages **15 to 24** are at higher risk for catching meningococcal disease for two reasons:

1. They are more likely to carry the bacteria that causes meningococcal disease in the back of their nose or throat.
2. Those who live in dorms at university or college commonly live in crowded places where people share in close-contact activities such as sharing drinks and hanging out.

**The best way to protect yourself against meningococcal disease is by getting immunized against meningococcal disease.**

Talk to your family doctor, nurse, pharmacist, campus health services, or local public health office about getting the meningococcal vaccine.

