



Be Wise — ImmunizeSM
Physicians Caring for Texans

MENINGOCOCCAL DISEASE

1 IN 10 DIE • SURVIVORS OFTEN HAVE LASTING DISABILITIES

Meningococcal disease is any illness caused by meningococcus germs.

The most common illnesses are **infections of the brain, blood, and spinal cord** (meningitis).

Infections often spread through saliva (kissing, sharing drinks, coughing).

Outbreaks occur easily in close quarters like dormitories.

WHAT TO WATCH FOR

- ✓ Meningitis: Sudden onset of fever, headache, and a stiff neck
- ✓ Blood infections: Fever, vomiting, cold hands and feet, chills, severe aches, rapid breathing, diarrhea

WHAT CAN HAPPEN

- ✓ Death can occur within hours.
- ✓ Loss of limbs, brain damage, hearing loss

PREVENT THIS SERIOUS DISEASE

- ▶ Two kinds of vaccines protect against the five bacterial types.
- ▶ 2 shots (at 11 or 12 years, and at age 16) protect against most types of meningitis. In Texas, this shot is required for college.
- ▶ Talk to your doctor to see if you also need shots for meningitis B.
- ▶ Babies and adults need shots if they have certain medical conditions or travel to certain areas of the world.



PROTECT YOUR HEALTH

www.texmed.org/BeWise

Source: Centers for Disease Control and Prevention

Be Wise — ImmunizeSM is a joint initiative led by TMA physicians and medical students, and the TMA Alliance. It is funded in 2019 by the TMA Foundation thanks to H-E-B, TMF Health Quality Institute, Pfizer Inc., and gifts from physicians and their families.

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TALK TO YOUR DOCTOR IF YOU HAVE QUESTIONS ABOUT MENINGOCOCCAL DISEASE.

ENFERMEDAD DE MENINGOCOCO

**1 EN 10 PERSONAS MUEREN • LOS SOBREVIVIENTES
A MENUDO TIENEN DISCAPACIDADES DURADERAS**

La enfermedad meningocócica es cualquier enfermedad causada por gérmenes meningococos.

Las enfermedades más comunes son: **infecciones del cerebro, sangre, y médula espinal** (meningitis).

Las infecciones a menudo se propagan a través de la **saliva** (besos, compartiendo bebidas, tosiendo).

Los brotes se producen fácilmente en **lugares cerrados** como los dormitorios.

LO QUE TENEMOS QUE TOMAR EN CUENTA O FIJARNOS

- ✓ Meningitis: aparición repentina de fiebre, dolor de cabeza, y rigidez en el cuello.
- ✓ Infecciones sanguíneas: fiebre, vómitos, resfriado, manos y pies fríos, escalofríos, dolores severos, respiración rápida, diarrea

QUE PUEDE PASAR

- ✓ La muerte puede ocurrir en cuestión de horas.
- ✓ Pérdida de extremidades, daño cerebral, pérdida de auditiva

PREVENIR ESTA ENFERMEDAD SERIA

- ▶ Dos tipos de vacunas protegen contra las cinco tipos de bacteria.
- ▶ 2 vacunas (a los 11 o 12 años, y a los 16 años) protegen contra la mayoría de los tipos de meningitis. En Texas, esta vacuna es necesaria para la universidad.
- ▶ Hable con su médico para ver si también necesita vacunas para la meningitis B.
- ▶ Los bebés y adultos necesitan vacunas si tienen ciertas condiciones médicas o si van a viajar a ciertos zonas del mundo.



PROTEGA SU SALUD
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HABLE CON SU MÉDICO SI TIENE PREGUNTAS SOBRE LA ENFERMEDAD MENINGOCÓCICA.