



California State Required Meningitis Awareness Disclosure Form

To be completed by freshmen or students living on campus

California law requires that universities make an increased effort to educate students about the risk of Meningococcal disease or "Meningitis". Although the incidence of Meningitis is relatively rare, about one case per 100,000 persons per year, studies done by the CDC and American College Health Association (ACHA) found that the cases of Meningococcal disease are three to four times higher among college freshman that live in the resident halls. The Meningococcal vaccine is effective against the four kinds of bacteria that cause about two thirds of the Meningococcal disease in the United States.

What is Meningococcal Meningitis?

Meningococcal meningitis is a potentially fatal infection caused by the bacterium Neisseria meningitides that causes inflammation of the membranes surrounding the brain and spinal cord.

How is Meningitis Spread?

Meningitis is spread by direct contact with infected individuals. The bacterium is present in respiratory secretions and can be spread by coughing or sneezing. It is also spread by sharing eating utensils, water bottles, cigarettes and kissing. Social factors such as smoking, excessive alcohol consumption and bar patronage also increase the chance that a person will contract meningitis from an infected individual.

Is There a Vaccine For Meningitis?

There are two vaccines available that are 85% to 100% effective in preventing four kinds of bacteria that cause about 70% of disease in the U.S. Menomune, the Meningococcal polysaccharide vaccine (MPSV4) has been available since the 1970s. Menactra, the Meningococcal conjugate vaccine (MCV4,) was licensed in 2005. Both vaccines work well and are safe with generally mild side effects such as redness and pain at the injection site lasting up to two days. Immunity develops within 7-10 days after vaccination and lasts approximately 3-5 years. The newer Menactra vaccine is the preferred vaccine for people 11-55 years of age and is expected to give better, longer-lasting protection and should also be better at preventing the disease from spreading from person to person.

What Are The Symptoms of Meningitis?

Cases of Meningitis peak in late winter and early spring, overlapping the flu season. Symptoms can easily be mistaken for the flu. These symptoms may include high fever, rash, vomiting, severe headache, neck stiffness, lethargy, nausea and sensitivity to light. If a student has two or more of these symptoms at one time, they should seek health care immediately. Meningitis progresses rapidly and can lead to shock and death within hours of the first symptoms if left untreated.

If you have any questions regarding the meningitis vaccines please contact your healthcare provider or call Pacific Health Services at 209-946-2315. More information can be found at the CDC website (www.cdc.gov) or the ACHA website (www.acha.org).

The Menactra Vaccine for Neisseria meningitides is available at Pacific Health Services (fee may vary). We will keep this confidential as part of your medical record in accordance with HIPAA. Please indicate your preference and acknowledgement of this information by signing below:

Mark One of The Boxes Then Sign Below

- I have received the meningococcal vaccine. Date: ___/___/____ **Please provide proof of immunization.** (Hib meningitis vaccine does NOT qualify)
- I am planning to receive the vaccine and will provide documentation to Pacific Health Services.
- I have read the provided information and do not want to receive either vaccine. _____ (initial)

Student Signature

Student ID #

Student Name (Please Print Clearly)

Date

Parent / Guardian signature (if student under age 18)

Print Parent Name

Please return to Pacific Health Services, 3601 Pacific Avenue, Stockton, CA 95211