



## Contact Us

Connect with a County of San Diego Public Health Nurse for more information:



### Phone Number

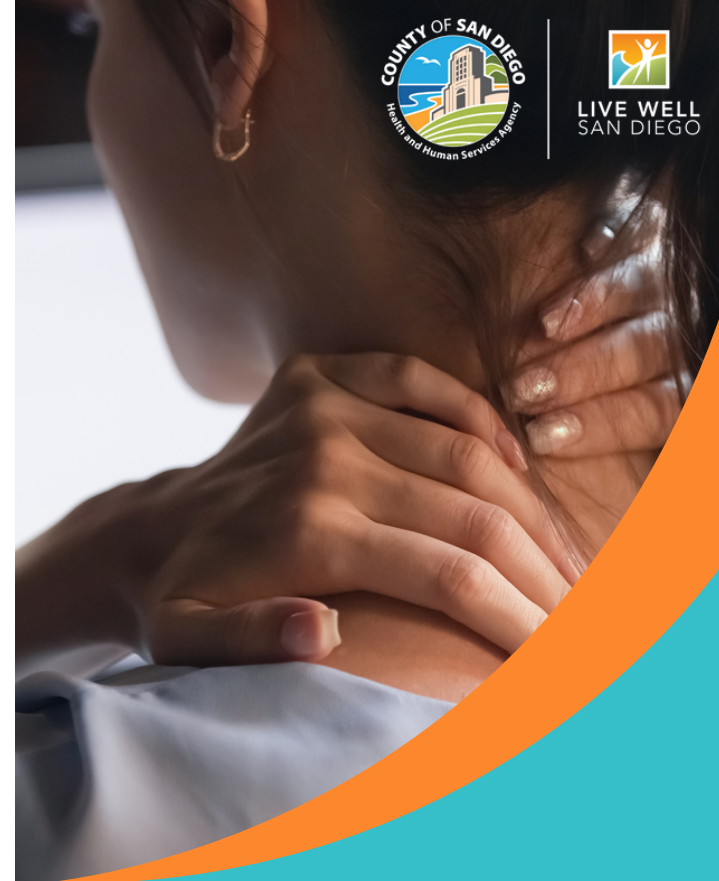
1 (866) 358-2966 OPTION 5



### E-mail Address

PHS-IZPHN.HHSA@sdcounty.ca.gov

Scan below to learn more about bacterial meningitis vaccination on the [sdiz.org](http://sdiz.org) website.



LIVE WELL  
SAN DIEGO

**DID  
YOU  
KNOW?**

According to the Centers for Disease Control and Prevention (CDC), between 2013 and 2018, there were 10 bacterial meningitis outbreaks on college campuses across 7 states. Among the cases, 2 students died. Vaccination is required for universities, make sure your child is up to date on vaccinations early!

SCAN ME



# Bacterial Meningitis

Everything you need to know to protect your child.



## What is it?

Meningitis is an infection of the membranes that protect the brain and spinal cord. Meningitis is most often caused by a virus (viral meningitis), but can also be caused by bacteria (bacterial meningitis). Bacterial meningitis is rare, but is usually serious. It can be life-threatening, if not treated right away.

Most people recover from bacterial meningitis. Those who do recover can have lifelong disabilities, such as brain damage, hearing loss, learning disabilities, and even loss of limb(s).



## Transmission

Common examples of how people spread these germs include:

- During childbirth,
- Coughing or sneezing while in close contact with others,
- Sharing saliva, or
- Eating contaminated food.

## Symptoms

Symptoms usually come on suddenly. Symptoms in adults can include:

- Fever,
- Headache,
- Stiff neck,
- Nausea,
- Throwing up,
- Sensitivity to light, or
- Confusion.

Symptoms above may be hard to spot in babies, if they show symptoms at all. Symptoms that may be easier to spot include:

- Being slow or inactive,
- Irritability,
- Feeding poorly,
- Having a bulging fontanelle (the “soft spot” on a baby’s head), or
- Having abnormal reflexes.

## Prevention

Vaccines are the best way to prevent certain types of bacterial meningitis. There are vaccines for four types of bacteria that can cause meningitis:

- **Meningococcal vaccines** (MenACWY and MenB) help protect against *N. meningitidis*.
- **Pneumococcal vaccines** (PCV15 or PCV20) help protect against *S. pneumoniae*.
- **Haemophilus influenzae serotype b (Hib) vaccines** help protect against Hib.
- **Bacille Calmette-Guérin (BCG) vaccine** helps protect against tuberculosis disease, but is not widely used in the United States.

