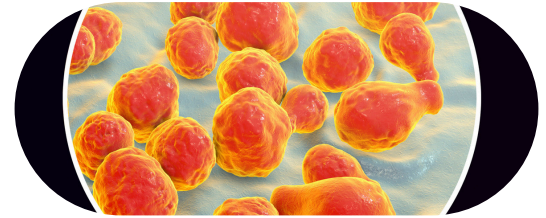


## What is Meningococcal Meningitis?

Meningococcal meningitis is a bacterial infection that causes swelling of the membranes that surround the brain and spinal cord. This disease is caused by **five main groups of bacteria (A, B, C, W-135, Y)**.



## What is Meningitis B and how is it spread?

Meningitis B (MenB) is caused by group B bacteria, which causes most meningococcal disease cases in Canada. MenB can spread by **coughing, sneezing, direct face to face contact, sharing drinks or eating utensils**. MenB can spread very easily in close living settings (e.g., college campuses) and in team settings.

## What are the symptoms of Meningitis B?

Many people mistake early MenB symptoms for the flu, which makes MenB hard to diagnose. These symptoms can become serious and life-threatening in a matter of hours. If you or a loved one experiences any of the following symptoms, get to a doctor quickly. If not treated, MenB can cause serious long-term health impacts, and in some cases even death.

### Common early signs include:

- Fever
- Headache
- Stiff neck
- Rash
- Sensitivity to light
- Body aches

### Long-term impacts:

- Brain damage
- Hearing loss
- Loss of limbs

## Who is at highest risk for Meningitis B?



**Infants**



**Youth  
(ages 16-23)**



**People with  
weakened immune  
systems**



**People living in  
shared quarters**

## What are the Meningitis B Vaccine guidelines?

Severe MenB infections can be prevented by vaccines. MenB vaccines **are recommended for anyone who is at an increased risk for contracting MenB**. Those who are entering into college/university should consider getting the MenB vaccine prior to starting the school year.

Some provinces and territories cover the cost of this vaccine through public vaccine programs. Those who do not qualify for publicly funded vaccines may be covered through their employee benefits plans.



**Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.**