FALL BRINGS INCREASED MENINGITIS RISK

NOT SURE?
The meningococcus bacteria can cause a severe bacterial infection of the bloodstream and meninges. It is a relatively rare disease and usually occurs as a single isolated event.

WHO CAN GET THIS?
Anyone can get a meningococcal infection, but it is more common in young adults. Young adults living in a crowded setting may be at higher risk of disease.

HOW IS THIS GERM SPREAD?
The meningococcus germ is spread by direct close contact with saliva or nose discharges of an infected person.

WHAT ARE THE SYMPTOMS?
- Fever
- Severe headache
- Nausea
- Stiff neck
- Rash
- Confusion
- Increased Sensitivity to light
MENINGITIS
PREVENTION TIPS

PROTECT YOURSELF WITH A VACCINE. CALL THE STUDENT HEALTH CLINIC OR YOUR HEALTH PRACTITIONER TO SCHEDULE A VACCINE.

- Practice good personal hygiene
- Don’t share food, glasses, water bottles
- Don’t share chapstick or lip balm
- Wash hands often with soap and water
- Eat a well-balanced diet and get
- Enough sleep
- Exercise
- Avoid cigarettes, drugs, and alcohol

SYMPTOMS OF BACTERIAL MENINGITIS CAN APPEAR QUICKLY OR OVER SEVERAL DAYS. TYPICALLY THEY DEVELOP WITHIN 3-7 DAYS AFTER EXPOSURE.

WHAT IF YOU GET EXPOSED?

IF YOU HAVE BEEN EXPOSED TO SOMEONE WITH MENINGITIS CALL YOUR HEALTH PROFESSIONAL IMMEDIATELY. NOTIFY THEM THAT YOU’VE BEEN EXPOSED.

FOR MORE INFORMATION
SDSU WELLNESS CENTER HEALTH CLINIC
605-688-4157
OR VISIT: