

YOU *Can* PROTECT YOURSELF AND YOUR COMMUNITY AGAINST MENINGOCOCCAL DISEASE



! The Hampton Roads community is experiencing an ongoing outbreak of meningococcal disease. The Virginia Department of Health is offering vaccine to people who have been connected to a case in this outbreak to help provide protection against this strain of meningococcal disease in the future.

You are receiving this information because you have been in close contact with one of the identified cases.

What is Meningococcal Disease?

Meningococcal disease is a potentially deadly bacterial infection, mainly caused by 5 types of meningococcal bacteria: A - B - C - W - Y. The outbreak in Hampton Roads is caused by type Y. Symptoms can come on fast and include:



HIGH FEVER



STIFF NECK



VOMITING



EXHAUSTION



HEADACHE & ALTERED MENTAL STATE



PURPLE, DARK BROWN OR BLACK RASH

It can kill in as little as 24 hours or cause permanent complications: brain damage, hearing loss, learning disabilities or limb amputations.

How It Spreads

It is easy to spread from person-to-person by:



Sharing anything that comes in contact with saliva



Being in close quarters



Being sneezed or coughed upon



Kissing

What You Can Do

You can help protect yourself with two simple steps. It's free and it could save your life.

Contact your local health department by phone at (804) 864-8141 or online (vdh.virginia.gov/health-department-locator/) to:

1 RECEIVE ANTIBIOTIC TREATMENT

Antibiotic treatment is free and can prevent severe illness (even if you are not experiencing symptoms).

2 DISCUSS IF YOU ARE ELIGIBLE TO RECEIVE THE MEN-ACWY VACCINE

The vaccine can help protect you and others in your community from getting infected in the future and has been proven to be safe and effective. The MenACWY vaccine provides protection against 4 types of meningococcal disease, including type Y which is currently circulating in the community.

If you begin to experience symptoms, contact your doctor immediately.

This information is brought to you by the Virginia Department of Health in collaboration with the Kimberly Coffey Foundation and the Emily Stillman Foundation. The Foundations were founded in memory of Kimberly and Emily who lost their young lives to meningococcal disease.

Learn more at:
kimberlycoffeyfoundation.org
foreveremily.org

