# **Meningococcal Disease Exposure Notice**

Your child may have been exposed to **Meningococcal Disease** on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Please check your child for symptoms through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If your child has symptoms, please contact your child’s healthcare provider immediately.

**If your child becomes ill with Meningococcal Disease, they may not return to childcare or school until approved by their healthcare provider.**

## Meningococcal disease is caused by the bacteria Neisseria meningitidis. When it infects the brain, it is called Meningococcal meningitis. Symptoms are:

* Sudden fever
* Headache
* Stiff neck
* Nausea and vomiting
* Confusion

## When this bacteria infects the blood, it is called Meningococcal septicemia. Symptoms are:

* Fatigue
* Vomiting
* Cold hands and feet
* Rapid breathing
* Severe aches in the muscles, joints, chest, or stomach
* Eyes are sensitive to light

**Meningococcal disease is a medical emergency and requires immediate medical attention.**

## How is meningococcal disease spread?

This bacteria is spread through contact with saliva or secretions from the nose and throat. This usually happens by kissing or coughing, sharing eating utensils, water bottles, or toothbrushes.

Watch your child for symptoms of this disease.

If your child develops any symptoms, take them to the Emergency Department immediately.

This disease is rare, but serious. Public Health will provide guidance to schools even if there is only one case.

## Prevention:

The most effective way to prevent against this disease is to get vaccinated. It is recommended that all preteens (1112 years) and teenagers receive the vaccine, and it is also recommended for younger children with certain health conditions.