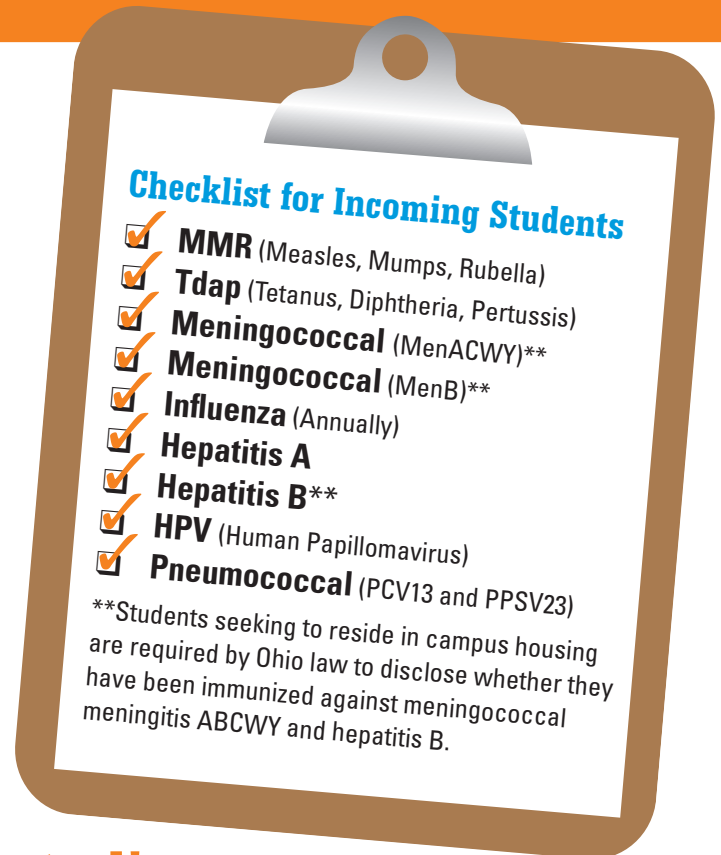


# Vaccines a College Student Needs

**Y**ou're headed to campus and becoming a part of a new community, which includes exposure to vaccine-preventable diseases. On campuses, preventable diseases like influenza are known to spread quickly, through constant exposure in close quarters like dorms, classrooms, shared restrooms, and through social activities like sporting events.

Vaccines offer safe and effective protection for the individual student, all students, academic professionals and the other professionals on campus you will interact with every day. Check and make sure you are current on the recommended vaccines that keep you healthy and in the classroom.



## Be proactive – Get Vaccinated!

Getting vaccinated is the first defense against meningococcal disease. Ohio residents are required to have the meningococcal A, C, W, Y vaccination before entering the 12th grade. If you have not received a dose since your 16th birthday, make sure you get it.

## Meningococcal Meningitis – The Basics

**Meningitis** is caused by bacteria that can infect the areas around the brain, spinal cord or the bloodstream. Symptoms include **stiff neck, headache,** and **high fever.** NOTICE THE SIMILARITY TO FLU SYMPTOMS? While it's rare, infection can lead to brain damage, lasting disability, disfigurement, and it can be fatal within hours.



About one in ten people who get meningitis will die from it even if treated. **College students are at higher risk of meningococcal disease because of close living quarters, coughing, kissing, etc.** DO NOT share items that have touched someone else's mouth, such as cups, eating utensils, bottles, lip balm, and cigarettes.

### Meningococcal Disease Strain B – Don't Assume!

**Meningococcal disease strain B**, commonly referred to as **MenB**, is the most common cause of bacterial meningitis on college campuses. The Centers for Disease Control and Prevention recommend being vaccinated against meningitis B. Do not make the mistake and think that the meningitis vaccination you received in high school will protect you – it does not. **Make sure you have BOTH meningitis vaccines to fully protect yourself and those around you.**



### What is Hepatitis B?

**Hepatitis B** is a virus that infects the liver. Most people who get it have it for a brief time and then get better. This is called **acute hepatitis B**. Sometimes the virus causes a long-term infection, called **chronic hepatitis B**. Over time, it can damage your liver. You can have the illness and not know it because you may not have symptoms. If you do, they can make you feel like you have the flu. But if you have the virus, you can spread it to others through body fluids. **Most students enrolled in health care programs will be required to have this vaccination.**

#### To learn more, including where to get vaccinated, contact:

1. Your health care provider, student health center, or local health department.
2. Centers for Disease Control and Prevention: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines) or <https://www.cdc.gov/vaccines/imz-managers/coverage/teenvaxview/groups/college.html>
3. Ohio Department of Health, Division of Immunization: <http://www.odh.ohio.gov/odhprograms/bid/immunization/collegeimm.aspx>
4. National Meningitis Association: <http://www.nmaus.org/>
5. Immunization Action Coalition: [www.immunize.org](http://www.immunize.org)