

## **Charles & Sue's School of Hair Design**

### **Vaccination Requirements for College Students**

#### **Important Information about Bacterial Meningitis**

This information is being provided to all new college students in the state of Texas. Bacterial Meningitis is a serious, potentially deadly disease that can progress extremely quickly. It is an inflammation of the membranes that surround the brain and spinal cord. The bacteria that causes meningitis can also infect the blood. In 2019, this disease struck about 371 Americans, including students attending college. Treatment for the disease is available, but severe health problems or disabilities are still possible.

#### **WHAT ARE THE SYMPTOMS?**

- High fever
- Rash or purple patches on skin
- Light sensitivity
- Confusion and sleepiness
- Lethargy
- Severe headache
- Vomiting
- Stiff neck
- Nausea
- Seizures

There may be a rash of tiny, red-purple spots caused by bleeding under the skin. These can occur anywhere on the body.

**The more symptoms, the higher the risk, so when these symptoms appear seek immediate medical attention.**

#### **HOW IS BACTERIAL MENINGITIS DIAGNOSED?**

Diagnosis is made by a medical provider and is usually based on a combination of clinical symptoms and laboratory results from spinal fluid and blood tests.

**Early diagnosis and treatment can greatly improve the likelihood of recovery.**

#### **HOW IS THE DISEASE TRANSMITTED?**

The disease is transmitted when people exchange saliva (such as by kissing, or by sharing drinking containers, utensils, cigarettes, toothbrushes, etc.) or come in contact with respiratory or throat secretions.

#### **WHO IS AT RISK FOR CONTRACTING MENINGITIS?**

Individuals exposed to saliva by sharing cigarettes, water bottles, eating utensils, food, kissing, etc. and/or living in close conditions, such as sharing a room/suite in a dorm or group home.

## **WHAT ARE THE POSSIBLE CONSEQUENCES OF THE DISEASE?**

- Death (*following rapid onset of symptoms in 8 to 24 hours*)
- Permanent brain damage
- Kidney failure
- Learning disability
- Hearing loss, blindness
- Limb damage (fingers, toes, arms, legs) that requires amputation
- Gangrene
- Coma
- Convulsions

## **CAN THE DISEASE BE TREATED?**

Antibiotic treatment, if received early, can save lives and chances of recovery are increased. However, permanent disability or death can still occur.

Vaccinations are available and should be considered for those living in close quarters and college students 25 years old or younger.

Vaccinations have proven to be the most effective way to protect against meningitis. Vaccinations take 7-10 days to become effective, with protection lasting 3-5 years. The cost of vaccine varies, so check with your health care provider.

**Vaccination is very safe – most common side effects are redness and minor pain at injection site for up to two days.**

## **HOW CAN I FIND OUT MORE INFORMATION?**

Consult the National Centers for Disease Control and Prevention (CDC) website:  
<https://www.cdc.gov/meningitis/index.html>

Consult the Texas Department of State Health Services (DSHS) website:  
[http://www.dshs.state.tx.us/idcu/disease/meningococcal\\_invasive/](http://www.dshs.state.tx.us/idcu/disease/meningococcal_invasive/)

## **HOW CAN I FIND OUT MORE INFORMATION?**

Consult the national Centers for Disease Control and Prevention (CDC) website:

<https://www.cdc.gov/meningitis/index.html>

Consult the Texas Department of State Health Services (DSHS) website:

[http://www.dshs.state.tx.us/idcu/disease/meningococcal\\_invasive/](http://www.dshs.state.tx.us/idcu/disease/meningococcal_invasive/)