

## VACCINATION POLICY

### HEPATITIS B a serious problem

#### HBV is spread by several ways:

- having sex with an infected person
- direct contact with the blood of an infected person

#### How can you protect yourself from getting infected with HBV?

- **Get vaccinated:** Hepatitis B vaccine is safe, effective, and your best protection.
- **Practice safer sex.** If you are having sex, but not with one steady partner, use condoms correctly every time you have sex.
- **Don't share anything that might have blood on it.**
  - Don't share even with your closest friends

#### Get HEPATITIS B vaccine if:

- you are under 19 years of age
- your sex partner has hepatitis B
- you are a man who has sex with men
- you recently had a sexually transmitted disease
- you have sex with more than one partner
- you using drugs with needles
- you live with someone who has chronic hepatitis B
- you have a job that exposes you to human blood

### Hepatitis B vaccine is safe and effective

**FOR INFORMATION ON VIRAL HEPATITIS:** visit this website at: <http://www.cdc.gov/hepatitis> or call the Hepatitis Information Line at **1-888-443-7232** or write **Centers for Disease Control and Prevention Division of Viral Hepatitis, Mailstop G37 Atlanta, GA 30333** or contact your state or local health department.

### Meningococcal Disease on Campus Overview

Meningococcal disease is a potentially life-threatening bacterial infection that can lead to meningococcal meningitis, an inflammation of the membranes surrounding the brain and spinal cord, or meningococcal septicemia, an infection of the blood. Meningococcal disease, caused by bacteria called *Neisseria meningitidis*, is the leading cause of bacterial meningitis in older children and young adults in the United States.

### Vaccination Recommendations for College Students

The Advisory Committee on Immunization Practices (ACIP) for the Centers for Disease Control and Prevention (CDC) voted to recommend that all incoming college freshmen living in dormitories be vaccinated against meningococcal disease.

### **Meningococcal Disease Caused by Five Strains/Serogroups**

Five predominant strains or serogroups of *N. meningitidis* account for most cases of meningococcal disease. These are A, B, C, Y, and W-135. The currently available vaccine protects against four of the five strains (A, C, Y, and W-135), and evidence shows approximately 70 to 80 percent of cases in the college age group are caused by serogroup C, Y or W-135, which are potentially vaccine-preventable.

### **Transmission and Symptoms of the Disease**

Meningococcal disease is contagious and progresses very rapidly. The bacteria are spread person-to-person through the air by respiratory droplets (e.g., coughing, sneezing, etc.). The bacteria also can be transmitted through direct contact with an infected person, such as oral contact with shared items like cigarettes or drinking glasses, and through kissing.

Symptoms of meningococcal disease often resemble those of the flu or other minor febrile illness, making it sometimes difficult to diagnose, and may include high fever, severe headache, stiff neck, rash, nausea, vomiting, fatigue, and confusion. Students, who notice these symptoms in themselves, friends, or others especially if the symptoms are unusually sudden or severe, should contact their local hospital. If not treated early, meningitis can lead to death or permanent brain damage, hearing loss, seizures, or limb amputation.

### **Vaccination to Prevent Meningococcal Disease**

Meningococcal vaccination is recommended for all first-year students living in residence halls to protect against four of the five most common strains (or types) of *N.* (A, C, Y, and W-135).

### **For More Information**

For more information on meningococcal disease and the vaccine, please contact your family physician. You also can visit the websites of the American College Health Association, [www.acha.org/meningitis](http://www.acha.org/meningitis) - and the Centers for disease Control and Prevention, [www.cdc.gov/ncidod/diseases/submenus/sub\\_meningitis.htm](http://www.cdc.gov/ncidod/diseases/submenus/sub_meningitis.htm)

### **The American College Health Association**

The information in this pamphlet comes from the website of The American College Health Association (ACHA). ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 16 million college students. The association provides advocacy, education, communications, products, and services, as well as promotes research and culturally competent practices to enhance its members' ability to advance the health of all students and the campus community. For more information, visit [www.acha.org](http://www.acha.org)