

**IMPORTANT COMPLIANCE REQUIREMENT ABOUT MENINGITIS!
ALL STUDENTS MUST SIGN AND RETURN THIS FORM TO ATTEND CLASSES**

I have read or have had explained to me information about bacterial meningitis and the vaccines that help prevent it. **I understand the risks of the disease and the benefits of immunization.**

Please check one of the following:

I have received the vaccine within 5 years

I am scheduled to receive the vaccine

I choose **not** to be vaccinated at this time and understand the risks of not receiving the vaccine.

I would like to receive the vaccine upon entering Cazenovia College (prepayment required)

Name (Printed) _____ Signature _____ Date _____

Parent Signature if under 18 _____ Date _____

Return to Health Services, Cazenovia College, Cazenovia, NY 13035 Fax: 315-655-4724

**◆ PARENTS AND STUDENTS ◆
We'd Like You To Know About Meningitis**

College students, particularly freshmen, living in residence halls are reported to have an increased risk of contracting bacterial meningitis. Fortunately, this risk remains relatively low with 1.5 cases occurring per 100,000 students overall. Studies show that rate increases to 3.24 cases per 100,000 among freshmen living in dorms. Smoking, drinking alcohol and going out to bars are contributing factors. Approximately 10% of the general population carries the meningococcal bacteria in their noses and throats in a harmless state. During an outbreak, that percentage may reach 95% yet less than 1% of people exposed will actually develop meningitis. Most people have resistance to it. Persons over 30 do not seem to be at risk. It is estimated that 15-20 college students die each year as a result of the infection. Despite the slim chances of getting meningitis, we think you should know a vaccine exists that could further reduce the risk along with abstaining from smoking, drinking alcohol, patronizing bars and sharing eating utensils. Read on for more information.

Meningitis Facts

- It is an infection that progresses rapidly (usually within 24 hours) causing inflammation of the membranes that cover the brain and spinal cord.
- Symptoms include high fever, severe headache, stiff neck and back, nausea, sensitivity to light, rash, and disorientation.
- Bacteria are spread by close contact with oral or nasal secretions.
- Treatment includes hospitalization, antibiotics and supportive therapy. It should be started immediately if meningitis is suspected.
- There are several strains including A, B, C, Y and W-135.

Vaccine Facts

- The vaccines are generally safe causing only localized reactions such as redness or soreness at the injection site. Menactra has been shown to provide longer term coverage whereas Menomune offers protection between 3 and 5 years after vaccination. Two vaccines for strain B are also available.
- The vaccines will not protect 100% of susceptible individuals.
- It takes up to 2 weeks to develop protection once immunized.

The Cazenovia College Health Service staff recommends that you discuss the benefits of the meningitis vaccine with your healthcare provider. If you decide to receive the vaccine, consider getting it before coming to campus for optimum protection. Menactra is available through the Health Office at our current cost, which is \$190*. Other vaccines you should receive are detailed on the College's Immunization Form. **If you would like more information or to receive the vaccine on campus, please call us at 315-655-7122.**

*Subject to change based on manufacturer price