

Duquesne University Health Service follows the pre-matriculation immunization guidelines and recommendations as set by the American College Health Association, who updates their recommendations in accordance with changing public health concerns and trends. These guidelines follow Advisory Committee on Immunization Practices (ACIP) recommendations published by the U.S. Centers for Disease Control and Prevention (CDC).

MENINGITIS VACCINE (CONJUGATE or POLYSACCHARIDE) is **required** for entering freshmen students at Duquesne University, especially for students planning to live in residence.

Some common names of this vaccine are:

- Menactra (MCV4)
- Menveo (MCV4)
- Menomune (MPSV4)

MENINGITIS B VACCINE is not currently required, but is **recommended**.

The two names of this vaccine are:

- Trumenba
- Bexsero

KNOW THE FACTS

- Meningococcal disease can refer to any illness that is caused by the type of bacteria called *Neisseria meningitidis*, also known as meningococcus. These illnesses are often severe and include infections of the lining of the brain and spinal cord (meningitis) and bloodstream infections (bacteremia or septicemia).
- Meningococcus bacteria are spread through the exchange of respiratory and throat secretions like spit (e.g., by living in close quarters, kissing). Meningococcal disease can be treated with antibiotics, but quick medical attention is extremely important. Keeping up to date with recommended vaccines is the best defense against meningococcal disease
- Serogroup B meningococcal disease, sometimes referred to as “meningitis B”, can be deadly within hours or days of getting sick. It can also lead to severe disabilities, such as loss of limbs. The vaccine for meningitis B is different than than the required meningococcal conjugate vaccine (ACWY). It does not protect against the bacteria which causes meningitis B.

KNOW THE SYMPTOMS OF MENB

Meningococcal B disease can become deadly in 48 hours or less. If you have any doubts about your symptoms, see a doctor. Common symptoms:

• Confusion	• Fatigue (feeling very tired)
• Fever and chills	• In later stages, a dark purple rash
• Nausea and vomiting	• Rapid breathing
• Sensitivity to light	• Severe headache
• Stiff neck	

KNOW AND PRACTICE GOOD HYGIENE

Meningococcal bacteria are spread from person-to-person through the exchange of saliva (spit), coughs, and sneezes. You must be in direct (close) or lengthy contact with an infected person’s secretions to be exposed. You can help stop the spread by doing the following:

- Don't share anything that comes into contact with the mouth (drinking glasses, smoking materials, eating utensils, cosmetics or lip balm)
- Always cough into a sleeve or tissue
- Wash hands frequently (use an alcohol-based sanitizer if soap and water are not available)