



July 1, 2023

Dear Parents and Guardians:

RE: Annual Notice About Meningococcal Disease

Meningococcal disease is a serious infection of the brain (meningitis) and blood caused by bacteria. Fortunately this life-threatening disease is rare. Adolescents and young adults are most likely to get meningococcal disease, especially those living in group settings such as college dorms.

The Department of Health wants you to be aware of meningococcal disease and how you can protect your child against it. A vaccine is available that can prevent a significant percentage of meningococcal disease among adolescents and young adults. The vaccine is recommended for all children 11-12 years of age. It is also recommended for unvaccinated teens, especially entering college freshmen.

Here are suggested ways to prevent the spread of meningococcal disease:

- Practice good hygiene (regular hand washing, covering coughs and sneezes, etc.)
- Do not share items that may spread meningococcal disease, such as eating utensils, glasses, cups, water bottles, drinks, lip gloss, or tooth brushes.

We encourage you to learn more about meningococcal disease and how to prevent it. More information on meningococcal disease is available on the following web sites:

Centers for Disease Control and Preventions

Meningococcal Vaccine Information: <https://www.cdc.gov/vaccines/vpd/mening/index.html>

Meningococcal Disease Information: <http://www.cdc.gov/meningitis/index.html>

National Meningitis Association

Parent/Teacher Awareness Program: <https://nmaus.org>

Educational Material

Guideline for Hand Hygiene in Healthcare Settings: www.cdc.gov/handhygiene/

Stopping Germs at Home, Work, and School: <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm#>