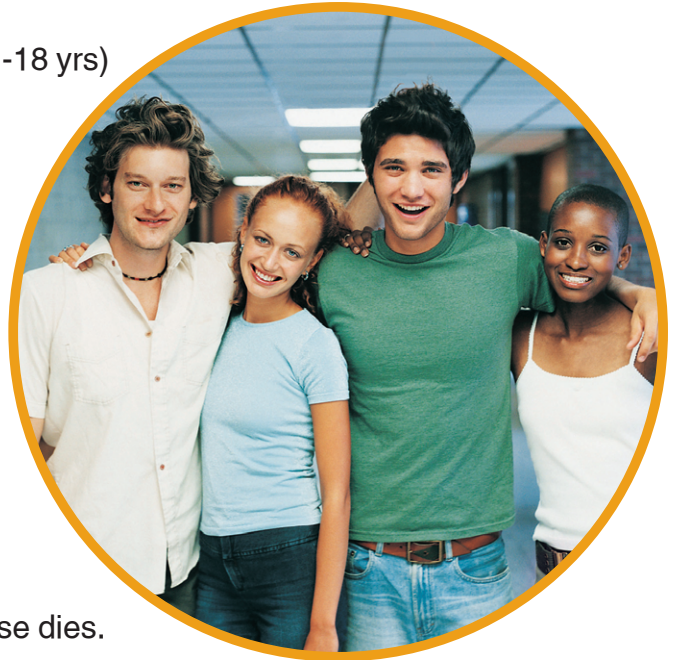


# ATTENTION TEENS!!!

## Have You Gotten Your Meningitis Vaccination?

- Meningitis is a dangerous disease and teenagers (11-18 yrs) are at greater risk than younger kids.
- Meningitis is spread through air droplets or close contact with infected people (e.g., kissing, coughing).
- Symptoms can include rapid onset of fever, sensitivity to light, a stiff neck, headache, chills, muscle and joint pain, and a rash. If symptoms are particularly severe or progress quickly, see your doctor immediately.
- Meningitis moves quickly and can lead to death or permanent disability (e.g., loss of arms or legs, loss of hearing, suffering seizures) within hours.
- Up to one in seven teenagers who contract the disease dies.



### TAKE ACTION NOW

#### Protect yourself against meningitis

- Vaccination is the best way to protect yourself against meningitis!



#### Get vaccinated!\*

- See your school nurse about vaccination clinics in your area!

#### Protect your health

- Wash your hands often, get enough sleep, avoid tobacco, eat healthy and exercise!
- Remember to visit your doctor or nurse practitioner every year!

### Get Smart About Meningitis – Get VACCINATED NOW!

\* The Centers for Disease Control and Prevention (CDC) recommends meningococcal vaccination for all adolescents 11-18 years of age.