

**ATTENTION GRADE 12  
STUDENTS**

# DID YOU KNOW?

**Vaccination against meningitis B is not part of your routine immunizations.**

## **Have you heard of meningitis B? You may be at higher risk.**

Meningitis B is one type of invasive meningococcal disease. It is rare and does not spread easily, but it can be life-threatening and youth living in group settings for the first time are at an increased risk.

**The best way to protect yourself is to get the meningitis B vaccine.**

### **FAST FACTS: INVASIVE MENINGOCOCCAL DISEASE (IMD)**



IMD is caused by bacteria (*Neisseria meningitidis*) that can cause meningitis or bloodstream infections.



IMD starts quickly and **may progress within 24 to 48 hours to serious**, possibly life-threatening infections.



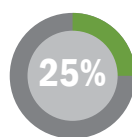
Even with early diagnosis, around **1 in 10 people who get IMD die from the infection.**



Of those who recover, **up to 1 in 3 patients experience serious complications**, including hearing loss, neurologic disabilities, and amputations.



**IMD can be difficult to diagnose** because the signs and symptoms are similar to other illnesses such as a bad cold or flu. High fever, severe headache and a red or purple rash can be signs of IMD.



**Some people can carry the bacteria in their nose and throat without knowing it or getting sick.** This can happen in up to 25% of older adolescents and can sometimes cause spread between people who seem well.

Youth between the ages of 18 and 25 with a Nova Scotia health card are eligible to receive the Meningitis B vaccine for free if they will be living in residence for the first time (post-secondary or military).

**Talk to your healthcare provider, pharmacist or Public Health about getting the meningitis B vaccine.**

[nshealth.ca/immunizations](https://nshealth.ca/immunizations)