

# PREPARING FOR YOUR CHILD'S VACCINE VISIT: MENINGITIS VACCINES



## BEFORE THE VISIT

### What you need to know about meningitis

Bacterial Meningitis can become very serious very quickly:

- 10 - 14% of people with meningitis will die
- 11 - 19% of people with meningitis will have permanent disabilities.

Risks of bacterial meningitis include seizures and permanent neurological damage, including:

- Hearing loss
- Memory difficulty
- Learning disabilities
- Brain damage
- Gait problems
- Seizures
- Kidney failure
- Shock
- Death

### Fast facts about the meningitis vaccines

Different illnesses can cause meningitis and several vaccines that protect against them. There are 2 kinds of meningococcal vaccines (MCV4 and MenB). These vaccines are about 85-90% effective in preventing meningococcal disease. These vaccines together protect against the five most common strains of meningococcal bacteria found in the U.S.

## DURING THE VISIT



**Spray Away.** Ask for a cooling spray or pain-relieving ointment, which is applied on your child's arm right before vaccination. Tell your provider you want this **before** the visit so they are ready for you.



**Stay seated.** Some people, particularly teenagers, can get dizzy after vaccination. It's a good idea to have your child stay in their seat for a few minutes after getting their vaccine just to make sure they are not dizzy or feeling faint.

**A little planning can make a big difference in helping your child have a stress-free vaccination visit.**

### Meningococcal conjugate vaccine



This is a 2-dose vaccine.



1st dose: 11 - 12 years



2nd dose: 16 years

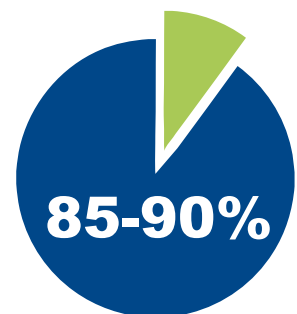
### Meningococcal B vaccine



This is a 1-dose vaccine.



Single dose: 16 - 18 years



Together, these vaccines are 95-90% effective in preventing meningococcal disease.



**Congratulations for protecting your child's health and future!**

We know making the best health decisions for your child can sometimes be overwhelming. We're here for you. If you need more information please visit [www.VoicesForVaccines.org](http://www.VoicesForVaccines.org).

# WHAT TO EXPECT AFTER VACCINATION

## Understanding normal immune responses vs. serious adverse events

Normal immune responses (sometimes called side effects) are how you know a vaccine is doing its job: your baby's immune system is recognizing an "invader" and preparing to fight it. But with a vaccine, it's a practice exercise and not the real thing so the immune response will usually be mild and go away on its own in a few days. Some normal immune responses for the meningitis vaccine include:



**Soreness where the vaccine was given**



**Fever or chills**



**Headache**



**Muscle or joint pain**



**Redness or swelling around the area where the vaccine was given**



**Nausea or diarrhea**



**Tiredness or fatigue**

## How to treat normal immune responses

The best way to treat normal immune responses to vaccination include:

- 1) Apply a cold compress to the injection site for redness and swelling.
- 2) Give your baby a pain reliever (analgesic) like Infant/Children's Motrin® or Tylenol® or equivalent generic. Call your healthcare provider for dosage.

## When to call your healthcare provider

Severe allergic reactions occur within seconds or minutes so in the extremely rare case that your child has a serious reaction, you will likely still be in the doctor's office. But more mild allergic reactions can happen several hours after vaccination (and rarely up to 24 hours later). If you notice an allergic reaction, you should contact your healthcare provider immediately.

### Serious Adverse Events

Serious issues are very rare (about 1 in 1 million) and include allergic reactions like:

- hives
- swelling of the face and throat
- difficulty breathing
- a fast heartbeat
- dizziness
- weakness



Unlike a rash, hives are usually raised and "blotchy" with less defined edges.

Normal immune responses will usually go away within a week of vaccination. But if you are concerned, you should call your healthcare provider.

## Questions for your healthcare provider

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## Post-vaccine notes

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