

Preparing for your child's vaccine visit: MENINGOCOCCAL VACCINES



BEFORE THE VISIT

What you need to know about meningococcal disease

Meningococcal bacteria can cause severe, even deadly, infections including 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
- Brain damage
- Kidney failure
- Memory difficulty
- Gait problems
- Shock
- Learning disabilities
- Seizures
- Death

Fast facts about the meningitis vaccines

Different illnesses can cause meningitis, and several vaccines protect against it. There are 2 kinds of meningococcal vaccines (MenACWY and MenB). These vaccines are about 85-90% effective in preventing meningococcal disease. Together, they 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. Congratulations on protecting your child's health and future!

Meningococcal ACWY vaccine



This is a 2-dose vaccine



1st dose: **11-12 years**



2nd dose: **16 years**

Meningococcal B vaccine – For teens and older adults



This is a 2-dose vaccine



1st dose: **between 16 and 23**
(preferably between 16-18)



2nd dose:
6 months later

Meningococcal B vaccine – For those 10 years or older with risk factors



This is a 2-dose vaccine



1st dose

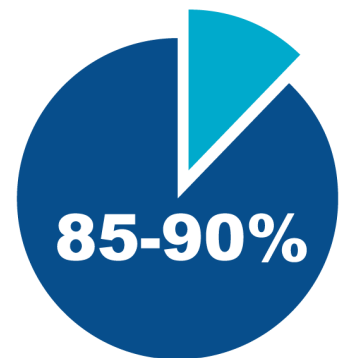


2nd dose:
1-2 months after first



3rd dose:
6 months after first

If the 2nd dose is given after 6 months, a 3rd dose is not needed.



Together, these vaccines are 85-90% effective in preventing meningococcal disease.

It is very important to maintain the dose schedule for Men B with the same brand vaccine you began with. If you change brands, you must restart the series.

We know making the best health decisions for your child can sometimes be overwhelming. We're here for you. For more information, please visit 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 ways to treat normal immune responses to vaccination include:

- Apply a cold compress to the injection site for redness and swelling.
- Give your baby a pain reliever (analgesic) like Infant/Children's Motrin®, Tylenol®, or an 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.

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

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.

Questions for your healthcare provider

Post-vaccine notes