IMPORTANT INFORMATION FOR ADOLESCENTS 16-19 YEARS OLD

Protect yourself against infectious meningitis

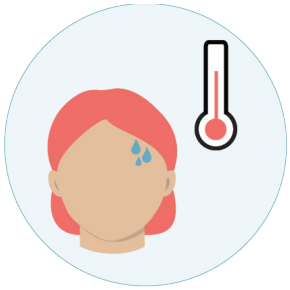
Why is it important to protect yourself?

- Infectious meningitis (meningococcal disease) is a serious disease
- It develops suddenly, and you can become unwell quickly
- Of those who become ill, 1 in 10 will die, and 1 in 3 will suffer permanent health damage

How can you protect yourself?

The most important thing you can do is to get vaccinated. There are two types of vaccines: ACWY vaccine and B vaccine. The meningococcal types that have caused the most disease among adolescents in recent years are well covered by the ACWY vaccine and should be taken by everyone. You need both vaccines to be protected against all meningococcal types.

Symptoms of meningitis



Fever with chills



Aching muscles



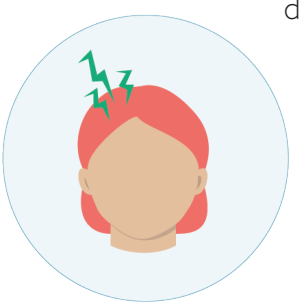
Nausea, vomiting and diarrhoea



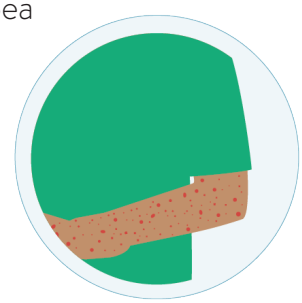
Sensitivity to bright light



Stiff neck



Headache



Rash with red spots

Taking the vaccine is important, but it does not protect you against all types of meningitis. Early symptoms resemble a hangover or influenza. If you feel very tired and lethargic or have several symptoms, contact a doctor as soon as possible, regardless of whether or not you have been vaccinated.
Rapid treatment can save lives.

NIPH