

STUDENT HEALTH CENTER
CALIFORNIA STATE UNIVERSITY SAN BERNARDINO

MENINGOCOCCAL NOTIFICATION

Meningococcal disease is uncommon, but can cause serious illness and death in people of all ages. College students who are living in campus housing are at increased risk of getting meningitis. Early diagnosis and treatment are important. People spread meningitis through close or lengthy contact with other people and anyone can get it. Vaccines offer the best protection against the disease.

The State of California passed legislation that requires all incoming freshmen who enroll at the California State University and license for on-campus housing to be provided information related to meningococcal disease and vaccination. The legislation also requires that each incoming freshmen licensed for on-campus Housing ("Licensee") complete a form indicating that the Licensee received this information and whether they choose to receive a vaccination.

Completion of the attached Meningococcal Disease & Vaccine Compliance Form is required. Please submit the form to the Student Health Center reception desk in the Health Center building during business hours. Or, you may place the form in the drop box outside of the Health Center building at any time. The form will be confidentially filed.

MENINGOCOCCAL VACCINE

The Advisory Committee on Immunization Practices (ACIP) of the Centers for Diseases Control and the American Academy of Pediatrics have recommended that college students consider immunization with the meningococcal vaccine to prevent Meningococcal disease. In an effort to better serve you, Student Health Center (SHC) would like to provide you with the following information about Meningococcal disease and its prevention with the vaccine:

- ⊗ Meningococcal disease is caused by the bacterium *N. meningitidis* and is a leading cause of meningitis and blood-borne infection among teens and young adults. Approximately **1 to 2 patients die despite antibiotic treatment**, often within the first 24 hours of the onset of symptoms.
- ⊗ The disease spreads through the air through respiratory secretions as well as by direct contact with a carrier by kissing, sharing drinking glasses, etc.
- ⊗ **College students are at a higher risk.** Studies have suggested that crowded living conditions, a geographically diverse student population, radiator heat, active and passive smoking, bar patronage, and alcohol consumption increase the risk of getting meningococcal disease. **The incidence of invasive meningococcal infection is three times greater for students living on campus than those living off campus. Students living in residence halls are typically 6 to 9 times more likely to get Meningococcal disease than those not living in the residence halls.**
- ⊗ Over 400 cases occurred in 2023 in the US, and are caused by various subgroups of the *N. meningitidis* bacterium such as C, Y, B, A, W-135.
- ⊗ Entering college students, particularly those living in residence halls and group housing, are advised to **strongly consider getting a dose of Meningococcal vaccine**. The vaccine, which is usually effective for up to 3-5 years, protects against the A, C, Y and W-135 strains of *N. meningitidis*.

Based on the possibility of increased risk, we recommend that students consider the Meningococcal vaccine as a way to reduce their risk for potentially fatal Meningococcal disease. No vaccine is ever 100% effective, but this vaccine has been shown to be 85%-90% effective in preventing the disease caused by two of the most common types of the Meningococcal bacteria, type C and type Y. It does not protect against type B that causes about 30% of the infections.

We urge you to strongly consider vaccination with either your family doctor, HMO, pharmacy or community clinic. Students who are under age 18 should discuss getting vaccinated with their parent(s) or guardian and can receive the vaccine with written parental or guardian permission.

For additional information on meningococcal disease and vaccination, please review the following web sites:

- Center for Disease Control: www.cdc.gov
- American College Health Association: www.acha.org

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MENINGOCOCCAL DISEASE AND VACCINE COMPLIANCE FORM

_____ Last Name	_____ First Name	_____ Middle Name
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_____ Coyote ID Number	_____ Date of Birth
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First Semester Attending CSU San Bernardino X Fall Year: 2025
 ___ Spring
 ___ Summer

I have received the attached information regarding the Meningococcal Disease and Vaccine. (Please check one box)

- ☐ I have already received this vaccine
- ☐ I am planning to receive this vaccine
- ☐ I do not want to receive this vaccine

_____ Student Signature	_____ Date
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_____ Parent/Guardian Name (If Student is under Age 18)	_____ Parent/Guardian Signature
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Where can I get vaccinated?

- 1) Check with your regular medical provider or clinic that may offer these vaccines.
- 2) San Bernardino County Department of Public Health
- 3) CVS Pharmacy
- 4) Walgreens Pharmacy
- 5) Walmart Pharmacy

Please note the CSUSB Student Health Center promotes vaccination for the health of its students, however, it does not endorse vaccination at any individual site except for the San Bernardino County Department of Public Health.