

Get the Facts: Meningitis (IMD)

In early June 2015, an outbreak of invasive meningococcal disease (IMD) was identified among men who have sex with men (MSM). Invasive meningococcal disease can refer to any illness caused by the bacteria, *Neisseria meningitidis*. This includes bloodstream infections and meningitis, when the bacteria enter the protective membranes covering the brain and spinal cord. Although the outbreak seemed to come to halt after June 2015, additional linked cases have now been reported in 2016.

Invasive meningococcal disease can be extremely serious and has been deadly in this outbreak. There is a safe and effective vaccine available to protect against IMD. Call 311 or visit www.cityofchicago.org/health to find a CDPH clinic or partner clinic near you.

What is Invasive Meningococcal Disease (IMD)?

IMD is a rare but severe bacterial infection that can result in a number of serious illnesses including meningitis.

What are the symptoms?

Signs and symptoms may include fever, headache and a stiff neck. Accompanying symptoms may include nausea, vomiting, increased sensitivity to light and altered mental status (confusion). **If you are experiencing any of these symptoms please seek medical help immediately.**

Does having HIV put me at greater risk for IMD?

People living with HIV are at a greater risk than the general population of acquiring the infection that causes invasive meningococcal disease. Approximately 20% of HIV positive people who develop the disease die of it.

How long will it take after contact to see symptoms?

Normally, it takes about 2-10 days to see symptoms of IMD after you have been infected. Some people will not have any symptoms.

How is IMD spread?

IMD is spread through the exchange of respiratory and throat secretions including intimate activities such as kissing and sexual contact or sharing drinks or cigarettes, smoking devices or marijuana. These bacteria are not as contagious as the viruses that cause the common cold. Partners, roommates or anyone in direct contact with a patient's saliva or spit (including sexual partners) would be considered at increased risk.

Is there a vaccine?

Yes. **CDPH recommends that all MSM get vaccinated.**

How many doses of vaccine are needed?

For people who are HIV negative, one dose of the vaccine is recommended. For people living with HIV, 2 doses of the meningococcal vaccine are needed to provide optimal protection. The two doses should be given at least 8 weeks apart. For all people at risk, if it has been more than 5 years since you received your last vaccination, you need to get vaccinated again with a "booster" dose to stay protected.

I am HIV positive and only got one dose when I got my first vaccine a few months ago (or longer)? Do I need to get two shots now?

If you are HIV positive and have only ever received one dose of vaccine more than 8 weeks ago, you should get one additional shot now for maximum protection. If you have already received 2 or more shots in your lifetime, you may still need a "booster" dose if it has been more than 5 years since your last shot.

Get the Facts: Meningitis (IMD)

If I was previously vaccinated following the 2003 outbreak, do I need to be re-vaccinated now?

Yes, if it has been more than 5 years since you received your last vaccination and you are at risk, you need to get vaccinated again, regardless of HIV status.

Should transgender women receive the vaccine?

Transgender women should be vaccinated. Additionally, any individual should get vaccinated if they are sexually active with MSM.

Where can I get a vaccine?

The vaccine is safe and effective. In addition to being available at most doctor's offices and clinics, the vaccine is available at no cost at CDPH clinics and some partner sites, where co-pays may apply. **Call 311 or visit www.cityofchicago.org/health to find a CDPH clinic or partner clinic near you.**

How can I better protect myself?

Protect yourself by:

- Washing your hands frequently,
- Not sharing drinks or cigarettes.

It is also important to remain vigilant about preventing other more common infections which may be transmitted through sexual contact including different strains of HIV, syphilis, chlamydia, gonorrhea or shigella. CDPH recommends safe sex practices and awareness of partner health issues.

If you don't know your HIV status, get tested. Chicago residents can receive free HIV tests at any CDPH Specialty clinic. Visit www.cityofchicago.org/health for clinic hours and locations.

If you believe you are at increased risk for IMD, contact your local doctor, pharmacist or call 311 for information regarding the vaccine.

If you believe you have any symptoms, seek medical help immediately.

In addition, the CDC has previously recommended all adolescents receive this vaccine as part of their routine vaccinations.

Who else should be vaccinated?

Adolescents between 16 and 21 have high rates of meningococcal disease. Even though the disease is not very common, we want to prevent as many adolescents as possible from getting it. CDC recommends all adolescents receive the vaccine.

At what age does my adolescent need it?

All 11-12 years olds should be vaccinated with meningococcal conjugate vaccine. A booster dose should be given at age 16 years. For adolescents who receive the first dose at age 13 through 15 years, a one-time booster dose should be administered, preferably at age 16 through 18 years, before the peak in increased risk. Adolescents who receive their first dose of meningococcal vaccine at or after age 16 years do not need a booster dose.

Is this vaccine required for school entry?

In Illinois, students entering 6th grade are required to show evidence of having received 1 dose of the meningococcal vaccine and students entering 12th grade are required to show evidence of having received 2 doses of the meningococcal vaccine unless the first dose was administered on or after the student's 16th birthday.