

# Important Information about Bacterial Meningitis

This information is being provided to all new college students in the state of Texas. Bacterial Meningitis is a serious, potentially deadly disease that can progress extremely fast – so take utmost caution. It is an inflammation of the membranes that surround the brain and spinal cord. The bacteria that causes meningitis can also infect the blood. This disease strikes about 3,000 Americans each year, including 100-125 on college campuses, leading to 5-15 deaths among college students every year. There is a treatment, but those who survive may develop severe health problems or disabilities. **Any student under the age of 22 entering or newly returning to any Texas institution of higher education must show proof of having received a bacterial meningitis vaccination within the past 5 years and at least 10 days before beginning classes on campus.**

## WHAT ARE THE SYMPTOMS?

- High fever
- Rash or purple patches on skin
- Light sensitivity
- Confusion and sleepiness
- Lethargy
- Severe headache
- Vomiting
- Stiff neck
- Nausea
- Seizures

There may be a rash of tiny, red-purple spots caused by bleeding under the skin. These can occur anywhere on the body.

**The more symptoms, the higher the risk, so when these symptoms appear seek immediate medical attention.**

## HOW IS BACTERIAL MENINGITIS DIAGNOSED?

- Diagnosis is made by a medical provider and is usually based on a combination of clinical symptoms and laboratory results from spinal fluid and blood tests.
- **Early diagnosis and treatment can greatly improve the likelihood of recovery.**

## HOW IS THE DISEASE TRANSMITTED?

- The disease is transmitted when people exchange saliva (such as by kissing, or by sharing drinking containers, utensils, cigarettes, toothbrushes, etc.) or come in contact with respiratory or throat secretions.

## HOW DO YOU INCREASE YOUR RISK OF GETTING BACTERIAL MENINGITIS?

- Exposure to saliva by sharing cigarettes, water bottles, eating utensils, food, kissing, etc.
- Living in close conditions (such as sharing a room/suite in a dorm or group home).

## WHAT ARE THE POSSIBLE CONSEQUENCES OF THE DISEASE?

- Death (*in 8 to 24 hours from perfectly well to dead*)
- Permanent brain damage
- Kidney failure
- Learning disability
- Hearing loss, blindness
- Limb damage (fingers, toes, arms, legs) that requires amputation
- Gangrene
- Coma
- Convulsions

## CAN THE DISEASE BE TREATED?

- Antibiotic treatment, if received early, can save lives and chances of recovery are increased. However, permanent disability or death can still occur.
- Vaccinations are available and should be considered for:
  - Those living in close quarters
  - College students 25 years old or younger

- Vaccinations are effective against 4 of the 5 most common bacterial types that cause 70% of the disease in the U.S. (but does not protect against all types of meningitis).
- Vaccinations take 7-10 days to become effective, with protection lasting 3-5 years.
- The cost of vaccine varies, so check with your health care provider.
- Vaccination is very safe – most common side effects are redness and minor pain at injection site for up to two days.
- Vaccination is available from:
  - Dallas County Health & Human Services. Call (214) 819-2173 or (214) 819-6049.
  - SIL International Health Services Clinic (972-708-7408).
  - Your local physician, or County or State Health Services.

#### HOW CAN I FIND OUT MORE INFORMATION?

- Contact your own health care provider
- Contact your state, local or regional Department of Health
- Texas Department of Health requirements: <https://dshs.texas.gov/immunize/school/Texas-Minimum-State-Vaccine-Requirements-for-College-Entry/>
- US Centers for Disease Control web site: <https://www.cdc.gov/meningitis/bacterial.html>
- Texas Medical Association: <https://www.texmed.org/Template.aspx?id=24864&terms=Bacterial%20Meningitis>
- Texas Higher Education Coordinating Board immunization info: <http://www.thecb.state.tx.us/index.cfm?objectid=9DED5420-1C09-11E8-BC500050560100A9>

#### WHAT IS ACCEPTABLE PROOF OF VACCINATION?

- the signature or stamp of a physician or health practitioner on a form which shows the month, day, and year the vaccination or booster dose was administered (OR)
- an official immunization record generated from a state or local health authority (OR)
- an official record received from school officials, including a record from another state.

#### WHO IS NOT REQUIRED TO SUBMIT PROOF OF VACCINATION?

- students 22 years of age or older by the first day of the semester (OR)
- students enrolled in only online courses, distance education courses, (OR)
- students enrolled in a continuing education course or program that is less than 360 contact hours or continuing education corporate training courses (OR)
- students enrolled in a dual credit course which is taught at a public or private K-12 facility not located on a higher education institution campus (OR)
- students incarcerated and enrolled in continuing education or college courses at a prison facility.

#### WHAT IS NEEDED SHOULD I DECLINE THE VACCINATION?

- A waiver, signed by a physician who is duly registered and licensed to practice medicine in the United States, stating that, in the physician's opinion, the required vaccination for bacterial meningitis would be injurious to your health and well-being (OR)
- A signed affidavit stating that you decline the required vaccination for bacterial meningitis for reasons of conscience, including a religious belief. You must request the affidavit form from the Texas Department of State Health Services website and submit it to the school in its original form (photocopies will not be accepted).