



In school years 9 to 13?
Protect yourself against
meningitis and
septicaemia



Are you in school
years 9 to 13 (aged 13 to
18 years)? Living in England?

You need to get the MenACWY vaccination.
This leaflet tells you what to expect next.

 **immunisation**

the safest way to protect your health

Men ACWY vaccine

Young teenagers and 'fresher' students going to university for the first time are advised to have a vaccination to prevent meningitis disease.

Men ACWY vaccine

The Men ACWY vaccine is given by a single injection into the upper arm and protects against four different causes of meningitis and septicemia – meningococcal (Men) A, C, W and Y diseases.

With early diagnosis and antibiotic treatment, most people with meningococcal disease make a full recovery. But it's fatal in about 1 in 10 cases and can lead to long-term health problems, such as amputation, deafness, epilepsy and learning difficulties.

Ref NHS choices

www.nhs/conditions/vaccinations/pages/men-acwy-vaccine.aspx

What is meningococcal disease?

Meningococcal bacteria can cause meningitis (inflammation of the lining of the brain) and septicemia (blood poisoning). Both diseases are very serious and can kill, especially if not diagnosed early.

How to spot meningitis and septicaemia

Men W disease, like all meningococcal infections, can come on suddenly and progress quickly. All meningococcal infections can cause meningitis and septicaemia, but Men W can also cause other illnesses, such as [pneumonia](#) and joint infections ([septic arthritis](#)).

Early symptoms of meningococcal disease include:

- headache
- vomiting
- muscle pain
- fever
- cold hands and feet

A rash of tiny red pinpricks may also develop once septicemia has set in. You can tell this is a meningitis rash if it doesn't fade under pressure – for instance, when gently pressing a glass against it (the "glass test").

IMPORTANT INFORMATION

- Please take your consent forms home.
- Get them signed immediately and indicated if consented or not.
- Return them to school the next day.
- Wear loose fitting top so we can get to the top of your arm.
- Do not be worried .

Any concerns you can speak to your Immunisation Nurse.

Our contact number is 01274 221203

School can get in touch with our team on your behalf.

All information regarding the vaccine will be attached to your consent form.

