

MENINGITIS INFORMATION

Fall 2018

At CSULB, student health and well-being is our utmost concern. In light of recent events at other CSU campuses, we are encouraging all students to take a moment and focus on health prevention. Two ailments that can significantly affect college students are influenza (flu) and meningococcal disease. Mind and body wellness are essential to ensuring successful academic achievement and we ask that you take a few minutes to read the following information.

INFLUENZA

Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses. Flu can cause mild to severe illness, and at times can lead to death. During the 2017-2018 season, the percentage of deaths attributed to pneumonia and influenza was at or above the epidemic threshold for four consecutive months.

Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and sometimes diarrhea/vomiting.

The best way to prevent the flu is by getting a flu vaccination each year. Student Health Services has arranged multiple flu outreaches in order to provide convenient, easy access for vaccination. Please refer to the two attached flyers with the dates and times of the flu outreaches. The flu vaccine is free to those who attend any of these outreach events.

MENINGITIS

Meningitis is an inflammation (swelling) of the protective membranes covering the brain and spinal cord. Viral meningitis is the most common type of meningitis. It is often less severe than bacterial meningitis, and most people get better on their own (without treatment). However, bacterial meningitis can be very serious. While bacterial meningitis is treatable with antibiotics, permanent disabilities (such as brain damage, hearing loss, learning disabilities or loss of limb) can result from the infection. Severe cases can result in death.

The most common symptoms of meningitis include high fever, headaches, neck stiffness, confusion, nausea, vomiting, lethargy and/or rashes. The disease can progress rapidly and be fatal if the student is not treated within hours of the onset of symptoms. Anyone experiencing these symptoms should seek **immediate medical attention**.

There are two types of meningitis vaccine available, both of which cover different strains. We ***strongly encourage*** all students to have adequate protection against meningococcal meningitis by receiving the two types of vaccine: Menactra (strains ACWY) and Bexsero or Trumenba

(strain B). Menactra is available at Student Health Services for \$115. SHS does not carry the Meningitis B vaccine at this time.

Prevention from meningitis includes hand washing and covering your cough. Protect yourself by not sharing water bottles, cups, utensils, lipstick, smoking devices and toothbrushes.

More information regarding the flu can be found here:

<https://www.cdc.gov/flu/index.htm>.

<http://web.csulb.edu/divisions/students/shs/flu.htm#a1>

Here is some additional resources regarding meningitis:

<https://www.cdc.gov/meningitis/index.html>

<http://web.csulb.edu/divisions/students/shs/meningitis.htm>

Campus Resources:

Student Health Services now offers an after-hours nurse advice line to address any questions or concerns during the evenings and weekends. 1-800-240-7617.

Further information regarding flu vaccination and other vaccines on campus:

www.csulb.edu/shs.