

Important Information about **Meningococcal Disease** and Quadrivalent Conjugate Meningococcal (Men-C-ACYW) Vaccine

PLEASE READ THIS CAREFULLY

What is Meningococcal disease?

- Meningococcal disease is caused by a bacteria (*Neisseria meningitidis*) known as meningococcus.
- Many people carry the bacteria at the back of their throat or nose without feeling sick or having symptoms.
- These bacteria sometimes overcome the body's natural defences and cause serious illnesses, including meningitis (infection of the lining of the brain) and meningococemia (a widespread infection involving the blood and multiple organs). If either of these conditions occurs, this is called Invasive Meningococcal Disease (IMD), which is life-threatening.
- There are several strains of these bacteria that cause meningococcal disease.
- Some people who get meningococcal disease can suffer from kidney damage, amputations, or hearing loss.
- It is preventable through immunization.

What is the Quadrivalent Conjugate Meningococcal (Men-C-ACYW) vaccine?

- Men-C-ACYW vaccine helps to prevent illness caused by the group A, C, Y, and W-135 strains of meningococcus.
- It provides protection only against disease caused by the group A, C, Y, and W-135 strains.
- It does not protect against other strains of this bacteria, or other organisms that cause meningitis or septicemia.
- The vaccine is given by injection. It can't cause meningococcal disease because it contains no live bacteria.

Who should receive the Quadrivalent Conjugate Meningococcal (Men-C-ACYW) vaccine?

- In Nova Scotia, the Men-C-ACYW vaccine is routinely offered to grade 7 students as part of the School Immunization Program. If the vaccine was missed or refused in the grade 7 School Immunization Program, people can still get the vaccine for free as part of this program until 19 years of age.
- People who may be exposed to the meningococcus bacteria, and people who are at high risk of getting meningococcal disease, should consider getting this vaccine.

CAUTION

Who should NOT receive the Quadrivalent Conjugate Meningococcal (Men-C-ACYW) vaccine?

- People who have had a serious allergic reaction to a previous dose or any component of the Men-C-ACYW vaccine.
- People who are sick or have a fever (temperature of 38.5°C/101.3°F or greater).

Please read other side.

What to Expect Following Immunization with **Quadrivalent Conjugate Meningococcal (Men-C-ACYW) Vaccine**

VACCINE INFORMATION

People should stay in the clinic for at least 15 minutes after receiving any type of immunization to monitor possible reaction. As with any vaccine there is a slight possibility that a more serious reaction could occur.

What are the possible side effects of the Quadrivalent Conjugate Meningococcal (Men-C-ACYW) vaccine?

- Common side effects of the Men-C-ACYW vaccine are soreness, redness, or swelling where the needle was given, tiredness, and fever.

Over-the-counter pain relievers such as ibuprofen (e.g., Advil) and acetaminophen (e.g., Tylenol) can be used to manage symptoms following vaccination, including fever. Some people should not take these medications. Talk to your health care provider or pharmacist if you have questions, or are unsure if you should take these.

Call your health care provider if:

- You have a fever of 38.5°C (101.3°F) or higher.
- The fever lasts longer than 24 hours.
- Your fever doesn't come down after acetaminophen or ibuprofen are taken.
- You are ill with other symptoms.

Questions?

If you have any questions about Meningococcal disease or the Quadrivalent Conjugate Meningococcal (Men-C-ACYW) vaccine, please call your local Public Health office (see list of offices here: www.nshealth.ca/public-health-offices) or your health care provider.

For more information on immunization, please visit the websites of

- Nova Scotia Health, Public Health at <https://www.nshealth.ca/public-health/immunizations>
- Immunize Canada at immunize.ca/en/default.aspx
- the Public Health Agency of Canada at phac-aspc.gc.ca
- 811 at <https://811.novascotia.ca/>