

Meningococcal C Conjugate (Men-C) Vaccine



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

What is invasive meningococcal disease (IMD)?

IMD is a serious disease caused by the bacteria *Neisseria meningitidis*. There are several strains of the bacteria that cause IMD; A, B, C, W-135, and Y are the most common.

Neisseria meningitidis can cause serious infection of the covering of the brain (meningitis) or blood infection (septicemia). People that are infected can become extremely ill quickly and often have to deal with severe long-term health complications or death.

The bacteria that cause IMD is commonly found in the nose and throat of healthy people. Up to 10 per cent of the population carry the bacteria at any time, however, most people never develop active disease.

IMD often affects healthy people of all ages. The bacteria are spread through droplets in the air from coughing or sneezing, or sharing common items such as beverages, toothbrushes and lipstick.

Symptoms include: sudden onset high fever, severe headache, stiff neck, sensitivity to light, nausea and vomiting, reddish skin rash and drowsiness/impaired consciousness.

Who should get the vaccine?

Men C vaccine is available for use in children over two months of age. The number of doses required for long term protection will vary depending on the age when they receive their first dose.

Men C Vaccine

Men C vaccine is publicly funded for one-year-old children, individuals born between 1986-1996 and people with certain medical conditions that put them at an increased risk of IMD.

The vaccine is also available free of charge to those who have been in close contact with a person who has IMD as these people are at greatest risk of infections.

Almost everyone (92 to 97 per cent) who receives the vaccine will be protected.

Who should not get the vaccine?

- anyone with a high fever or serious infection worse than a cold
- anyone with an allergy to a component of the vaccine (aluminum hydroxide, tetanus toxoid or diphtheria protein)
- anyone with a reaction to a previous dose of vaccine
- safety in pregnancy has not been documented

Side effects

Reactions tend to be mild and last for only a few days after getting the needle. Some people get soreness, swelling or redness where the needle was given. Other side effects such as headache, dizziness, and nausea may occur.

When should I seek medical attention?

Severe reactions are rare. If you develop hives, swelling of the face and mouth, trouble breathing, serious drowsiness or other serious problems seek medical attention immediately.

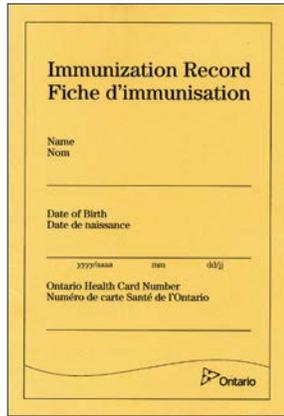
Your record of protection

After any immunization, ensure your personal immunization record or Yellow Card is updated. Keep it in a safe place!

Report your immunizations

Meningococcal immunization is required for school entry under the Immunization of School Pupil's Act. You should report your child's immunizations every time they receive a new vaccine. You can report immunizations:

- Via phone: 519-575-4400
- Online: www.regionofwaterloo.ca/updateimmunizations



Questions?

Talk to your health care provider or contact Public Health and Emergency Services at 519-575-4400.

Alternate formats of this document are available upon request.

Region of Waterloo Public Health and Emergency Services

Infectious Disease, Sexual Health and Harm Reduction

www.regionofwaterloo.ca/ph

519-575-4400 TTY 519-575-4608 Fax 519-883-2226