



Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Student ID: \_\_\_\_\_

I have received and reviewed the information provided on the risks of meningococcal disease and the risks and benefits of the quadrivalent meningococcal vaccine. I understand that New York State Law requires newly enrolled full-time students at secondary schools who are living in a dormitory or congregate living arrangement licensed or approved by the secondary school, and newly enrolled full-time students at colleges and universities who are 21 years of age or younger to receive meningococcal vaccinations, unless the students provide a signed waiver of the vaccination or otherwise qualify for one of the exemptions specified in the law.

**After reviewing the materials on the dangers of meningococcal disease, I choose to waive receipt of the meningococcal vaccine.**

Student Signature: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_  
(Only required if student is under 18 years of age)



New York State Department of Health Information

**What is Meningococcal disease?**

Meningococcal disease is caused by bacteria called Neisseria meningitidis. It can lead to serious blood infections. When the linings of the brain and spinal cord become infected, it is called meningitis. The disease strikes quickly and can have serious complications, including death. Anyone can get meningococcal disease. Some people are at higher risk. This disease occurs more often in people who are:

- Teenagers or young adults
- Infants younger than one year of age
- Living in crowded settings, such as college dormitories or military barracks
- Traveling to areas outside of the United States, such as the “meningitis belt” in Africa
- Living with a damaged spleen or no spleen, or having sickle cell disease
- Being treated with the medication Soliris® or who have a complement component deficiency (an inherited immune disorder)
- Exposed during an outbreak
- Working with meningococcal bacteria in a laboratory

**What are the symptoms?**

Symptoms appear suddenly – usually 3 to 4 days after a person is infected. It can take up to 10 days to develop symptoms. Symptoms may include:

- A sudden high fever
- Headache
- Stiff neck (meningitis)
- Nausea and vomiting
- Red-purple skin rash
- Weakness and feeling very ill
- Eyes sensitive to light

**How is meningococcal disease spread?**

It spreads from person-to-person by coughing or coming into close or lengthy contact with someone who is sick or who carries the bacteria. Contact includes kissing, sharing drinks, or living together. Up to 1 in 10 people carry meningococcal bacteria in their noses or throats without getting sick.

**Is there treatment?**

Early diagnosis of meningococcal disease is very important. If it is caught early, meningococcal disease can be treated with antibiotics. But, sometimes the infection has caused too much damage for antibiotics to prevent death or serious long-term problems. Most people need to be cared for in a hospital due to serious, life-threatening infections.



### What are the complications?

Ten to fifteen percent of those who get meningococcal disease die. Among survivors, as many as one in five will have permanent disabilities. Complications include:

- Brain damage
- Kidney damage
- Hearing Loss
- Limb Amputations

### The single best way to prevent this disease is to be vaccinated.

Vaccines are available for people 6 weeks of age and older. Various vaccines offer protection against the five major strains of bacteria that cause meningococcal disease:

- All teenagers should receive two doses of the vaccine against strains A, C, W, and Y, also known as the MenACWY or MCV4 vaccine. The first dose is given at 11 to 12 years of age, and the second dose (booster) at 16 years.
- It is very important that teens receive the booster dose at age 16 years in order to protect them through the years when they are at greatest risk of meningococcal disease.
- Teens and young adults can also be vaccinated against the “B” strain, also known as the MenB vaccine. Talk to your healthcare provider about whether they recommend a vaccine against the “B” strain.
- Others who should receive meningococcal vaccines include:
  - Infants, children and adults with certain medical conditions
  - People exposed during an outbreak
  - Travelers to the “meningitis belt” of sub-Saharan Africa
  - Military recruits

Please speak with your healthcare provider if you may be at increased risk.

### Who should not be vaccinated?

Some people should not get the meningococcal vaccine, or they should wait. Tell your doctor if you have any severe allergies. Anyone who has ever had a severe allergic reaction to a previous dose of meningococcal vaccine should not get another dose of the vaccine. Anyone who has a severe allergy to any component in the vaccine should not get the vaccine. Anyone who is moderately or severely ill at the time the shot is scheduled should probably wait until they are better. People with a mild illness can usually get the vaccine.