



NAME: _____

DATE: _____

ALLERGY: _____

MEDICATIONS: _____

MENINGOCOCCAL VACCINE CONSENT FORM

I have read the information contained in the handout about the disease and the vaccine. I have had a chance to ask questions, which were answered to my satisfaction. I believe I understand the benefits and risks of the vaccine and request that the meningococcal vaccine, be given to me. I understand that certain vaccines (as well as many medications) should not be given to patients who are pregnant or who have immune deficiency diseases including HIV/AIDS.

FOR FEMALES

To the best of my knowledge, I am not pregnant and do not plan on pregnancy in the next 3 months.

Pregnant women: As the vaccine has not been tested in animal reproduction studies, it is not known whether it can cause fetal harm or can affect reproductive capability. Since there is no data on the safety of using the vaccine during pregnancy, pregnant women should not receive the vaccine particularly in the first trimester.

THE VACCINE

The vaccine takes about two weeks to reach full protection. Travelers should allow at least that much time before travel. Revaccination should be considered every three to five years if a person remains at high risk.

No vaccine is 100% effective; however, this vaccine has been shown to be 85%-100% effective in preventing the disease caused by a bacterium, *Neisseria meningitidis*. The vaccine consists of one injection.

CONTRAINDICATIONS

- Persons currently ill with a fever of 101 degrees or more
- Receiving immunosuppressant drugs or those with primary or acquired immunodeficiency.
- Persons with a family history of congenital or hereditary immunodeficiency until it is ruled out in an individual
- Persons known to be sensitive to Thimerosal or any component of the vaccine.

POSSIBLE SIDE EFFECTS

Side effects are not common and are usually mild. They may include local tenderness or redness at the injection site and mild body aches or fever. Symptoms should last only two or three days.

I have read the above and understand I must wait in the waiting room for 20-30 minutes after the injection.

Signature of Patient Date Student ID last 4 – social sec. #

Witness Signature

Date

VACCINE	Date Given	Manufacturer No.	Lot Given	Site	Initial of Administrator
Menomune	_____	Aventis- Pasteur	_____	L/R arm (SC)	_____
Menactra	_____	Sanofi- Pasteur	_____	L/R arm (SC)	_____

NAME, TITLE, ADDRESS OF VACCINE ADMINISTRATOR	INITIALS	COMMENTS
PATRICIA ZAPATKA, RN. CCS UNIVERSITY HEALTH SERVICE 1615 STANLEY STREET, NEW BRITAIN, CT.	_____	_____
Other Health Care Provider CCS UNIVERSITY HEALTH SERVICE 1615 STANLEY STREET, NEW BRITAIN, CT.	_____	_____

Frequently Asked Questions about the Meningococcal Vaccination:

Please fill out the informed consent form after reading information concerning the vaccine.

The Cost of the Vaccination is \$95.00. We will bill your student account.

- **Does the vaccine hurt?**
Not really, though everyone's tolerance to pain is different. You may get a minor irritation at the injection site as a possible side effect from the injection.
- **Can I get meningitis or meningococemia from the vaccine?**
NO. The vaccine is a capsular polysaccharide – meaning it is not made from a live virus and therefore is of no risk in developing the disease.
- **How long is it effective?:** 3-5 years (if you have the 'menomune' vaccine); 10 years (if you have the menactra vaccine)
- **When does it become effective from the time of the vaccine?** It takes approximately 10 days to develop an immunity against this bacterium strains in the vaccine.
- **If I had the vaccine, should I get it again ?**
The recommendations at this time concerning revaccination.
- **If I have had the vaccine and I cannot recall when, is there harm in getting it again? – no**
- **If I am pregnant, should I get the vaccine?**
No studies were done with respect to pregnancy – would not recommend it.
- **How do I schedule the vaccination:**
By calling the Appointment number 832-1926 at the Health Service

MENINGOCOCCAL DISEASE

What is Meningococcal Disease?

Meningococcal Disease is a rare but potentially life threatening bacterial infection that requires immediate treatment. The bacterium, *Neisseria meningitidis*, is the responsible germ which can manifest in one's body as meningitis (an inflammation of the thin lining of the brain and spinal cord), septicemia (blood poisoning) as well as arthritis and pneumonia.

Who can get meningococcal disease?

Anyone can get meningococcal meningitis, but it is more common in infants, children and young adults. The Center for Disease Control (CDC) surveillance reports over the last several years suggest increasing incidence of outbreaks on college campuses. Because of this, the American College Health Association (ACHA) recommends that colleges and universities inform all students about the availability of a safe, effective vaccine and provide access to the vaccine for those students who wish to be vaccinated against the disease. The CDC supports the decision of the ACHA to educate students and parents about this disease and the available access to the vaccine.

Approximately 10% of the general population carries meningococcal bacteria in their noses and throats in a harmless state. The carrier state may last for days or months before it disappears spontaneously.

These carriers who harbor the bacteria in their upper respiratory tracts (nose and throats) may have some protection against developing actual meningococcal disease.

The most common manifestation of this disease is meningococcal meningitis. Meningococcal meningitis is responsible for approximately 300 deaths a year.

Who is at risk for meningitis?

It is a relatively rare disease. Clusters of cases or outbreaks of meningococcal disease (three or more people with the same bacteria type causing the disease) have occurred. During an outbreak, the percentage of people carrying the bacteria may approach 95%, yet the percentage of people who actually develop meningococcal disease is less than 1%.

Students living in the confined environment of a college campus may have an increased risk for this disease. Data indicates that social behaviors, such as exposure to passive and active smoking, bar patronage and excessive alcohol consumption also increase students risk of getting the disease. Outbreaks usually occur in the late winter and early spring when school is in session.

When and for how long is an infected person able to spread the disease?

From the time a person is first infected until the germ is no longer present in discharges from the nose and throat, he or she may transmit the disease. The duration varies according to treatment used.

What are the symptoms of meningitis?

The symptoms include sudden onset of fever, intense headache, nausea and often vomiting, stiff neck and frequently a rash. The symptoms may appear 1 to 10 days after exposure, but commonly less than 4 days after exposure.

How can I reduce the risk of getting the disease?

Meningococcal disease is spread through the exchange of nose or throat secretions via:

- Sharing the same drinking utensil (cup, bottle, glass, can or jug)
- Sharing the same mouthpiece of an instrument (trumpet, clarinet)
- Sneezing or coughing in someone's face
- Sharing the same chapstick or lipstick
- Sharing the same eating utensil.
- Kissing.
- Sharing the same cigarette, cigar etc.

How can I reduce the risk of getting the disease? (continued)

Break the chain of transmission of Meningococcal disease

- Use your own drinking/eating utensils
- Use your own instrument mouthpiece
- Cover your nose and mouth with a tissue or your hands when sneezing or coughing.
- Throw away the tissue and wash your hands.
- Don't share cigarettes or cigars, etc.
- Don't share chapstick or lipstick.

What is the treatment for meningococcal meningitis?

Certain antibiotics are very effective in eliminating the germ from the nose and throat. Penicillin is the drug of choice for cases of meningitis.

Should people who have had contact with a diagnosed case of meningococcal meningitis be treated?

Only people who have been in close contact (household members, intimate contacts, health care personnel performing mouth to mouth resuscitation, day care center playmates etc.) need preventive treatment. These contacts would be advised to take a specific medication for a two day period. Casual contact (in a classroom or office) is not usually significant to warrant preventive medication.

How effective is the vaccine to prevent the disease?

The meningococcal vaccine has been shown to be safe and effective. The vaccine provides protection against serogroups A,C,Y,W-135, the most common strains of the disease. a majority of cases (75 percent) in the college age group are caused by Serotype C, which is included in the vaccine. Development of immunity post vaccination requires 7-10 days. The duration of the vaccine's efficacy is approximately three to five years.

Who should be vaccinated for the prevention of the disease?

Pre- exposure vaccination will enhance immunity to the bacteria that cause most strains of meningococcal disease. For the college population, we recommend the following groups consider vaccination:

- Entering college students who elect to decrease their risk for meningococcal disease.
- The highest priority is among students age 18 - 24 years of age. Students older than 25 years have a lower risk of contracting the disease.
- Non pregnant persons 30 years or younger who request vaccination in order to decrease their risk for disease or who are at risk due to increased cases in their area.

What things should be done after receiving the vaccine?

The following simple treatments can help reduce the severity of any side effects you may experience:

- Drink eight to 12 glasses of water or fruit juice a day. Avoid alcohol during this period as they tend to increase the severity of the side effects.
- If you have any mild symptoms of body aches or fever, you may take Tylenol or Ibuprofen (Advil, Motrin) as directed on the packaging.
- To decrease arm soreness, apply ice to the area. You do not have to limit your activity if your arm is sore.
- **IF YOU FEEL YOU ARE HAVING A REACTION THAT IS MORE THAN THE NORMAL REACTION, PLEASE EITHER TELEPHONE US OR RETURN TO THE HEALTH SERVICE.**

Meningococcal disease is rare. However, anyone who becomes ill with mild flu like symptoms should watch for the sudden onset of increased fever (101 or greater) with headache, vomiting, rash or change in mental state. If any of these additional symptoms develop, do not delay in seeking medical attention.