



Renfrew County and  
District Health Unit

# FACT SHEET

## MENINGOCOCCAL C-CONJUGATE VACCINE



Vaccination against Meningococcal C (Men- C) is required for all students to attend school in Ontario. The vaccine protects against the most common and deadly strain of meningitis found in Canada.

### What is meningococcal disease?

Many people (10% of the population) carry the bacteria at the back of their throat or nose without feeling sick. In rare instances, the bacteria overcome the body's natural defenses and cause serious diseases, including meningitis (a swelling of the lining of the brain and spinal cord) and septicemia (widespread infection involving blood and multiple organs). The symptoms include sudden onset of high fever, severe headache, vomiting, stiff neck and a red/purple pinpoint rash. Sensitivity to light, sleepiness, confusion, and in severe cases, coma may also occur. Some people die from it and survivors may suffer some form of permanent disability, such as hearing loss, neurological damage or limb loss. The meningococcal bacteria are spread by direct contact with respiratory and oral secretions (saliva and nasal mucus).

### At what age should my child be vaccinated with the Meningococcal C vaccine?

Children aged one year old are to receive a single dose of meningococcal C conjugate vaccine, whether they were immunized as an infant or not.

### Who is eligible to receive the publically funded vaccine?

Unimmunized persons remain eligible for a single dose of this vaccine if they were:

- 1 year of age on or after September 2004; or
- born between 1986 and 1996



*Continued on reverse*

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### Is the vaccine safe?

Yes. Serious side effects are rare. Mild pain, swelling or redness are common at the spot where the needle was given. Other common side effects are headache and fever. Acetaminophen or ibuprofen may be taken following immunization to reduce discomfort or fever. Always follow package directions.

### When should I call my health care provider?

Call your health care provider or go to the nearest hospital emergency department if any of the following symptoms develop within 3 days of getting the vaccine:

- hives
- swelling of the face or mouth
- trouble breathing
- very pale colour and serious drowsiness
- high fever (over 40°C or 104°F)
- convulsions or seizures

### Who should not get the meningococcal C vaccine?






- Anyone who is ill with a fever or infection worse than a common cold.
- People who have had serious allergic reaction to the vaccine or something in the vaccine, including tetanus toxoid, diphtheria toxoid, aluminum, mannitol
- Anaphylaxis to meningococcal vaccine.
- Are on high dose of corticosteroids or immunosuppressive agents, or who have immunosuppressive illness.
- Have previously had a neurological condition called Guillain-Barré syndrome.

### Who should I talk to if I have any more questions?

Talk to your health care provider or call Renfrew County and District Health Unit Immunization Information Line at **613-732-9436 or 1-833-773-0004.**

### How do I keep track of this vaccination?

After you or your child get any vaccination, make sure your personal immunization record, such as your "Yellow Card", is updated. Keep it in a safe place!

To contact us or for more information	
	613-732-9436 or 1-833-773-0004
	<a href="http://www.rcdhu.com">www.rcdhu.com</a> Healthy Living Immunization Immunizations for Children
	141 Lake St, Pembroke, ON K8A 5L8
	 @RCDHealthunit

Source: Adapted from Ministry of Health and Long-Term Care Meningococcal Fact Sheet for Parents and Students (Nov. 2015)

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