

Mayo Clinic Minute

Meningitis 101 for college students

	AUDIO
	College living puts students in close quarters and increases their risk for contagious illnesses like bacterial meningitis.
Title: Marie Grill, M.D. Neurology Mayo Clinic	“Sharing straws, sharing beverages, sharing toothbrushes, cigarettes – all of those types of things can be a risk. In addition, coughing, sneezing, kissing are also ways that the disease can be spread.”
Graphic: Inflames brain and spinal cord Symptoms: Headache Neck stiffness Fever Nausea Can be deadly	Neurologist Dr. Marie Grill says bacterial meningitis inflames the membranes surrounding your brain and spinal cord and creates symptoms that include headache, neck stiffness, fever and nausea. It’s a serious illness that can be deadly, if left untreated.
Marie Grill, M.D.	“Vaccination is key with respect to bacterial meningitis.”
Graphic: Bacterial meningitis boosters Preteen 16-years-old	The Centers for Disease Control and Prevention recommends two rounds of booster shots: one in preteen years, around 11 or 12 years old, and another at 16.
Marie Grill, M.D.	“Certainly, if the vaccine was received before the age of 16, then it should be given again before your kids go off to college, just because the immunity does wane over time.”
	For the Mayo Clinic News Network, I’m Jeff Olsen.