**Facts**

**Meningitis B**

**Know the Symptoms**
- high fever
- severe headache
- neck stiffness
- confusion
- vomiting or rashes may also occur

**Practice Good Hygiene**

Meningococcal bacteria are spread through close contact with an infected person’s oral or nasal secretions, such as by sharing cups or eating utensils. This disease is not spread through the air, in food or water, or by casual contact in bathrooms, classrooms, restaurants, bars, or other social settings.

- don’t share anything that comes into contact with the mouth (drinking glasses, smoking materials, eating utensils, cosmetics, or lip balm)
- cover coughs and sneezes with a tissue or sleeve
- throw used tissues in the trash
- wash your hands with soap and water or use alcohol-based hand sanitizer

Vaccine available through UHS | uhs.wisc.edu/meningitis
the UHS nurse line is available after hours: 608.265.5600 (option 1).