

MENINGITIS B CURRICULUM

Created for students by
students with support from the
Meningitis B Action project

FEBRUARY 2022

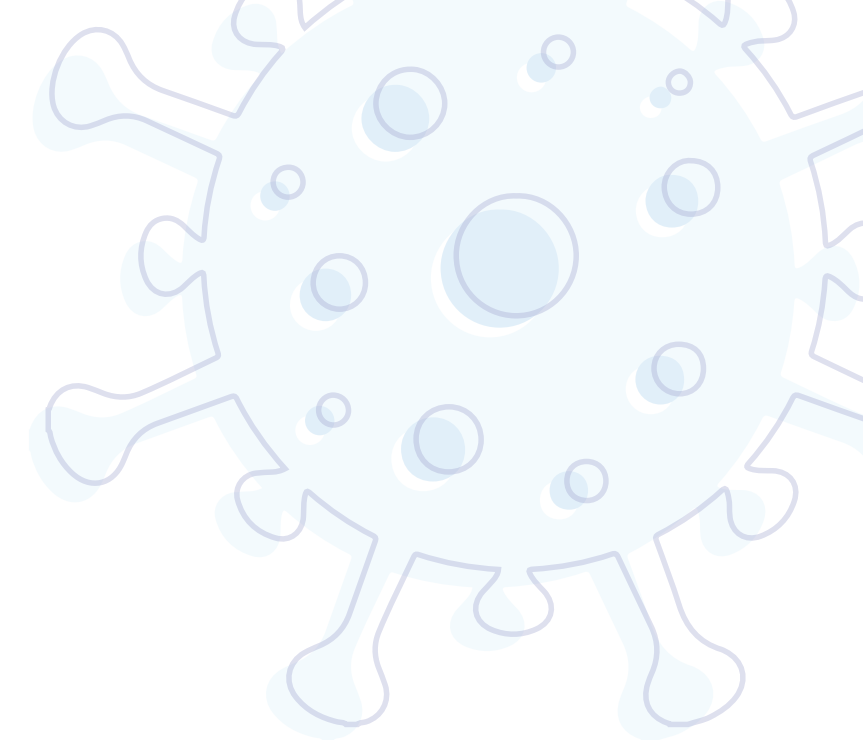


Meningitis B
Action Project
a joint initiative by The Kimberly Coffey Foundation
and The Emily Stillman Foundation

WHAT'S HERE.

This curriculum is a central resource for peer health educators on all things Meningitis B. Our goal is to make it easier for you to educate and advocate for Meningitis B prevention on college campuses. All materials and resources have been created in collaboration with an amazing group of students from across the country.

The curriculum will be updated on an ongoing basis. Visit meningitisbactionproject.org/forcolleges for the latest information.



LET'S START WITH THE BASICS.

What is bacterial meningitis?

Meningitis is an inflammation (swelling) of the protective membranes covering the brain and spinal cord. It can be caused by both bacteria and viruses. There are 5 different types of meningitis – bacterial, viral, parasitic, fungal, and non-infectious. Meningococcal meningitis is the most common form of bacterial meningitis among teens and young adults.

There are 5 types of meningococcal bacteria that cause meningococcal meningitis – ABCWY. In this curriculum, we are focused on Meningitis B because it's responsible for all bacterial meningitis outbreaks on college campuses since 2011 and college students are 5+ times more likely to contract it than non-college students. That's why it's so important to educate your fellow students about it!

HOW DO I TALK ABOUT MENINGITIS B?

We've compiled simple key messages to help you speak accurately and effectively about Meningitis B and the Meningitis B (MenB) vaccine.

ABOUT MENINGOCOCCAL MENINGITIS AND MENINGITIS B

What is meningococcal meningitis?

- [Meningococcal meningitis](#) is the most common form of bacterial meningitis in adolescents and young adults.
- It is a serious bacterial infection mainly caused by 5 types of meningococcal bacteria: ABCWY.
- When the [bacteria enter your body](#), it can cause a bloodstream infection resulting in sepsis, or it can infect the membranes that surround the brain and spinal cord.

How can you get it?

- It can easily spread from person to person.
- You may be infected and not know it, but still pass it along to others.
- For example, [it can be spread](#) by sharing anything that comes in contact with saliva, being in close quarters, being sneezed or coughed upon, and even kissing.

What are the symptoms?

- It can attack without warning, and early symptoms can often be mistaken for the flu or a bad hangover.
- [Symptoms](#) include sudden onset of high fever, stiff neck, vomiting, headache, exhaustion, Photophobia (eyes being more sensitive to light), and a purplish rash.
- In some cases, you may be infected with Meningitis B, but asymptomatic (not presenting any symptoms).

Who is at risk?

- It is more common than you think. Meningococcal meningitis affects all ages, and it can occur anywhere, but it is [more commonly diagnosed](#) among those 16-23 (teens and young adults).
- A recent study found that MenB is [5+ times more common](#) in college students versus non-college students, and more than 30 college campuses have had cases of Meningitis B since 2008.

What happens if you get it?

- One of the scariest things about Meningitis is that it can kill quickly. You can go from studying in your room one night, to being in a coma less than 48 hours later.
- Around [1 in 10 individuals](#) who get bacterial meningitis die and 1 in 5 have severe complications.
- It can also cause severe permanent complications, including brain damage, hearing loss, learning disabilities, or even limb amputations.

ABOUT THE MENB VACCINE

How can you help prevent meningococcal meningitis?

- While it's a devastating disease, the good news is that there are steps you can take to protect yourself.
- Vaccines are the most effective way to protect yourself against the devastating effects of meningococcal meningitis. Also, avoid sharing items with friends when possible.
- Because meningococcal meningitis is mainly caused by 5 types of meningococcal bacteria - ABCWY - [two separate meningitis vaccines are necessary to be fully immunized against the disease: MenACWY and MenB.](#)
- At this time, there is no combined MenACWY and MenB vaccine available. That is why you need two different types of meningitis vaccines to help protect yourself.
- The Centers for Disease Control and Prevention (CDC) states that all 11- to 12-year-olds should get a single dose of a MenACWY vaccine, and a booster dose at age 16.
- The CDC also recommends that teens and young adults (16 through 23) get the MenB vaccine (2 doses), preferably at 16 through 18 years old.

Why is getting both types of meningitis vaccines important?

- While most have received the MenACWY vaccine, few students have received the MenB vaccine. That's because the MenB vaccine is newer with not many colleges requiring it just yet.
- Many colleges require the MenACWY vaccine for enrollment, but few require the MenB vaccine.
- If you haven't received both vaccines, you are not fully immunized against meningococcal meningitis.

WHAT CAN YOU DO ABOUT IT?

Where can I get the MenB vaccine?

- First, check your school's health center to see if they offer the MenB vaccine.
- If not, talk to your parents about making an appointment to get vaccinated by your family doctor or at a local pharmacy next time you go home.
- Remember, you need to ask your healthcare provider if you've had both the MenACWY and MenB vaccines.

Where can I get more information?

- Visit MeningitisBActionProject.org for more information.



FREE EDUCATIONAL MATERIALS & TOOLS CREATED JUST FOR YOU.

We've got posters, brochures and helpful tools to help make your job easier.

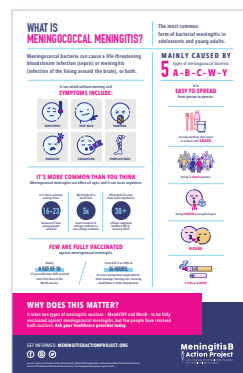
POSTERS



BROCHURE



INFOGRAPHIC



POWERPOINT SLIDES



OUTREACH EMAIL



Visit meningitisbactionproject.org/forcolleges to download any of these materials.

Interested in receiving hard copies? Get in touch: info@meningitisbactionproject.org.

HOW DO I GET STARTED?

We talked to peer health educators and students across the country to learn what educational tactics they've had success with in the past, and this is what we heard:

- 1 Understand vaccine consent laws in your state.** Some students on campus may be too young to consent to vaccines without parental consent. Take a moment to first understand the laws in your state.
- 2 Talk to your college's administrators.** Does your school require or at least recommend the MenB vaccine? Do they mention anywhere that two different meningitis vaccines exist? Talk to your administrators about the importance of Meningitis B awareness and prevention on campus.
- 3 Partner with your student health center.** Ask if they would be interested in supporting a Meningitis B education campaign for students. (Bonus: ask if you can leave a few posters and educational materials in the waiting room!)
- 4 Set up a MenB vaccination clinic on campus.** Work with your student health center to explore hosting a Meningitis B vaccine clinic on campus.
- 5 Make getting vaxxed cool.** TikTok, Instagram.... have fun with it, and make sure to tag us so we can help too!
- 6 Use a variety of platforms to spread the word.** Whether you are promoting a vaccination clinic or just spreading MenB education, using a variety of platforms and materials will make sure that fellow students see your message. Think email blasts, hanging posters in bathrooms (stall stories!) and other public areas, social media or writing for the local paper.
- 7 Keep it simple.** Keep messages short and simple. We have messages, materials and even a sample presentation to get you started.
- 8 Keep it positive.** Materials and messages that are positive and inclusive empower students to learn more, and tend to be better received than scare tactics.
- 9 Team up with others on campus.** Collaborate with your Resident Advisor to share your message at an upcoming dorm meeting or set up a table (and give out goodies) at welcome week or before a sporting event.
- 10 Invite an expert to speak.** The Meningitis B Action Project can help support you. Reach out to our team for additional information about coming to campus to speak.



WITH GRATITUDE.

We would like to give a special thanks to all of the students and participants who contributed their ideas to this resource to help ensure that college students are as protected as possible from Meningitis B.

Alex Singer

VaxTeen

Arin Parsa

Teens for Vaccines

Christopher Giang

University of Michigan

Elizabeth Chung

University of Virginia

Faith Farber

Kalamazoo College

Kaitlyn Maurais

Skidmore University

Kelly Danielpour

Stanford University
Vax Teen

Melanie Arnold

Icahn School of Medicine at Mount Sinai

Mira Bagous

University of Virginia

Nataschia Wibben

University of Oregon

Nick Lucido

San Diego State University

Sidney Simpson

Clemson University

Thérèse McCusker

Rutgers University

Yara Hussein

University of Oregon



OUR INSPIRATION.

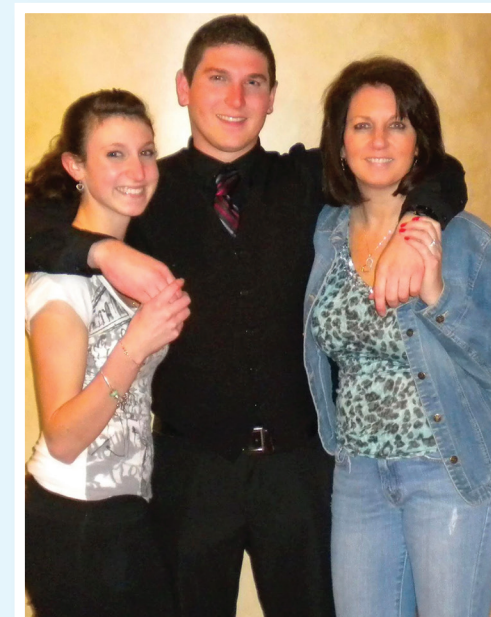
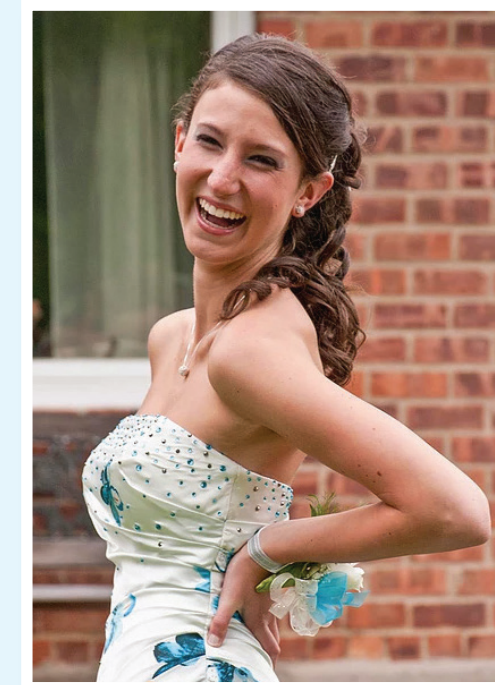
Patti Wukovits and Alicia Stillman each lost their young, healthy daughters too soon to Meningitis B, a disease that is now preventable through vaccination.

In 2012, high school senior Kimberly, 17, Patti's daughter, died one week before her graduation.

In 2013, college sophomore Emily, 19, Alicia's daughter, died just 36 hours after her first symptoms.

To educate the public about meningococcal meningitis and MenB vaccination, both mothers established foundations named after their daughters.

Both mothers have now joined forces under the Meningitis B Action Project to make sure other families don't have to go through what they went through.



CONTACT US AT

MeningitisBActionProject.org



info@meningitisbactionproject.org



/MeningitisBActionProject



@MeningitisBActionProject



@MenBAction

