

STAY UP TO DATE ON YOUR VACCINES



UNIVERSITY OF DELAWARE

**COOPERATIVE
EXTENSION**

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Have you been vaccinated?

2 vaccine doses are recommended for:

- All teens and preteens
- Some immunocompromised adults (consult with your doctor)

Why stay up to date?

Meningococcal disease is a bacterial disease that is often spread through saliva or spit.

Symptoms may include

- Fever
- Headache
- Stiff neck
- Less common symptoms include nausea, vomiting, light sensitivity and mental confusion