

News Release

For Immediate Release

May 18, 2022

Contact: Melissa Propp, RN at nurse@swhealth.ne.gov or call 308-345-4223

Do Your Teens Have Their Meningitis Shots?

Southwest Nebraska Public Health Department encourages all preteens and teens to get their meningitis (meningococcal) vaccination. Meningitis is a life-threatening illness that is caused by bacteria that infects the blood, brain, or spinal cord. It is easily spread in crowded settings such as dormitories and students can be infected from a person who looks healthy. Meningococcal vaccine protects against several strains of this disease.

“If your preteen or teen hasn’t gotten a meningitis shot previously, ask their doctor or nurse about getting this shot,” states Melissa Propp, RN, Clinic Manager. “Meningococcal disease is rare but does occur in the United States and is seen most frequently in college settings.”

Many colleges require a record of meningitis vaccines prior to the start of classes. People who are traveling internationally to certain areas of the world, such as countries in Africa to the region known as the Meningitis Belt, may also need this vaccine.

According to the Centers for Disease Control and Prevention (CDC) all 11 to 12-year-olds should be vaccinated with a meningitis ACWY vaccine. A booster dose is recommended at age 16 prior to starting college. Teens and young adults (age 16 through 23) should also be vaccinated for meningitis B (meningococcal serogroup B).

Call your health care provider today to get your child vaccinated for meningitis or visit one of SWNPHD’s public shot clinics. Locations and dates of shot clinics can be found on swhealth.ne.gov. If you have questions about meningitis shots or other immunizations, call Melissa Propp, RN Clinic Manager, at (308) 345-4223.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins, and Red Willow counties. You can follow us on Facebook and Instagram or view the website at www.swhealth.ne.gov. Call (308) 345-4223 or stop by the office at 404 West 10th Street in McCook.

###