

Meningococcal Conjugate A, C, Y and W-135 Vaccine

Vaccines have saved more lives in Canada in the last 60 years than any other medical intervention. Vaccines help your immune system to recognize and fight bacteria and viruses that cause diseases.

Most meningococcal diseases are vaccine preventable.

- **Meningococcal disease** caused by *Neisseria meningitidis* bacteria is a **very contagious, serious and life-threatening disease** that causes:
 - Meningitis (an infection of the lining that covers the brain).
 - Septicemia (an infection of the blood).
- Most cases occur in children and adolescents.
- Complications include limb amputations, permanent hearing loss, permanent brain damage, seizures and skin scarring.
- Even with antibiotic treatment, 10-15% of people who have meningococcal disease die.

What are the symptoms of meningococcal diseases?

- Symptoms of meningococcal disease occur within 2 to 10 days after contact with the bacteria.
- Symptoms progress **very rapidly** and include fever, chills, tiredness, and irritability.
- A severe headache, stiff neck and/or a tiny reddish-purple or bruise-like rash on the body occurs soon afterwards.
- **It is important to see a doctor if you or your child has symptoms.**
- Within 24 hours of taking antibiotics, people are no longer infectious to others.

How are meningococcal bacteria spread?

- Through coughing and sneezing, close face-to-face contact, saliva and by kissing.
- Many people carry *Neisseria meningitidis* bacteria in their nose and throat but do not become sick.

How can this disease be prevented?

- Be immunized. When you / your child are immunized, you help protect others as well.
- Practice good hygiene (e.g. handwashing).
- Avoid direct contact with droplets from the nose or throat.
- Do not share food, drinks, cigarettes, straws, dishes, musical instrument mouthpieces, lip care products, water bottles, mouth guards used for sports, baby bottles, soothers or toys.
- There are many different vaccines that can prevent meningococcal disease. Meningococcal C vaccine cannot protect you against other *Neisseria meningitidis* bacteria types (such as B).

Who can get this vaccine for free?

- Children in Grade 6 as part of the routine immunization program.
- Individuals 2 months of age and older who have been identified as 'close contacts' of persons who have meningococcal disease.

This vaccine is also provided to those whose medical conditions put them at high-risk of getting meningococcal disease. This includes those who:

- Have no spleen or a spleen that is not working properly.
- Have a congenital immune system disorder (including complement, properdin, factor D deficiency, primary antibody deficiencies).
- Are solid organ transplant candidates or recipients.
- Are islet cell transplant candidates or recipients.
- Received a cochlear (inner ear) implant or are waiting for one.
- Had a hematopoietic stem cell transplant.
- Have a cerebrospinal fluid leak or hydrocephaly.
- Children up to and including 17 years old with HIV.

Who should not get this vaccine?

- Persons who have a serious illness, with or without a fever, should delay immunizations.
- People who had a life-threatening reaction to a previous dose of a meningococcal vaccine, or any components of the vaccine.

What are common reactions to this vaccine?

- **Vaccines are very safe and effective. It is much safer to get this vaccine than to get meningococcal disease.**
- Temporary soreness, redness and swelling at the injection site.
- Headache, tiredness, diarrhea, irritability, loss of appetite or fever.
- These reactions are mild and generally last 1 to 2 days.
- Only treat a fever (at least 6 to 8 hours after immunization) if your child is uncomfortable, refusing fluids and not sleeping.

Acetaminophen (Tylenol, Tempra) may be given for fever or soreness. ASA (Aspirin) must NOT be given to anyone younger than 18 years old because of the risk of Reye syndrome.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is an extremely rare possibility of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. **If this happens after you leave the clinic, call 911 or the local emergency number.** This reaction can be treated, and occurs in less than one in one million people who get the vaccine.

Who should you report reactions to?

- Report any adverse or unexpected reactions to your local public health nurse, your doctor, or nurse practitioner as soon as possible.

Talk to a public health nurse:

- If you have questions or concerns about you or your child's reaction to an immunization.
- If you had to take your child to a doctor, a hospital or to a health centre with a symptom that might be related to immunizations.

What does this vaccine contain?

Menactra® contains meningococcal A, C, Y and W -135 polysaccharides, diphtheria toxoid protein, sodium chloride, sodium phosphate (dibasic, anhydrous), sodium phosphate (monobasic), and water for injection. Thimerosal-free and latex-free.

Menveo™ contains meningococcal A, C, Y and W-135 oligosaccharides, diphtheria CRM197 protein, potassium dihydrogen phosphate, sodium chloride, sodium dihydrogen phosphate monohydrate, di-sodium hydrogen phosphate bihydrate, sucrose, water for injection. Thimerosal-free and latex-free.

NIMENRIX™ contains *Neisseria meningitidis* serogroup A polysaccharide, *Neisseria meningitidis* serogroup C polysaccharide, *Neisseria meningitidis* serogroup W-135 polysaccharide, *Neisseria meningitidis* serogroup Y polysaccharide, sucrose, trometamol, sodium chloride, water for injection. Thimerosal-free, preservative-free and latex-free. Contains no adjuvants.

Mature Minor Consent

It is recommended that parents/guardians discuss consent for immunization with their children. Efforts are first made to get parental/guardian consent for immunizations. However, children at least 13 years of age up to and including 17 years of age, who are able to understand the benefits and possible reactions for each vaccine and the risks of not getting immunized, can legally consent to or refuse immunizations in Saskatchewan by providing mature minor informed consent to a healthcare provider.

Provincial immunization fact sheets are available at www.saskatchewan.ca/immunize.

For more information, contact your local public health office, your physician, nurse practitioner, HealthLine online or by calling 811.

References: Product monographs Menactra (2017), Menveo (2020), NIMENRIX (2021).