How can I help protect myself from bacterial meningitis?

One type of bacterial meningitis is meningococcal meningitis, which is one form of meningococcal disease.

Meningococcal disease is an acute, severe illness caused by the bacterium Neisseria meningitidis (N. meningitidis), also known as meningoccus [muh-ning-goh-KOK-us]. Meningitis is a rare but potentially life-threatening condition caused by inflammation of the protective membranes ("meninges") covering the brain and spinal cord. This inflammation is usually caused by infection with viruses or bacteria, including N. meningitidis.

According to the Centers for Disease Control and Prevention (CDC), keeping up-to-date with recommended vaccines is the best defense against acquiring bacterial meningitis, although vaccination may not result in protection in all recipients.

There are separate vaccines for meningococcal groups ACWY disease (MenACWY disease) and meningococcal group B disease (MenB disease).

There are 2 different vaccines that can help protect you against the 5 common meningococcal groups.

Talk to your healthcare provider about:

- MenACWY vaccination
- MenB vaccination