

News Release

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Sacramento County Public Health Meningococcal Report

Low transmission risk and potentially exposed individuals have been notified

Sacramento, Calif. – Sacramento County Department of Health Services Public Health Division notified Elk Grove Unified School District regarding a school staff member who has been diagnosed with meningococcal disease. Although risk of transmission is low, the staff member may have had interaction with some students and faculty before symptoms presented. The school district has notified the students and faculty who may have been in close contact with the staff member. Public Health is recommending that these individuals contact their medical provider to obtain a prescription for prophylactic treatment. Currently, no related cases of meningococcal disease have been reported in Sacramento County.

Meningococcal disease is a bacterial infection that may cause bacterial meningitis, which is an inflammation of the spinal cord and/or brain. Although meningococcal infection is **not** highly contagious, the bacteria is spread through close person-to-person contact through the exchange of respiratory and throat secretions, such as saliva. Meningitis symptoms include sudden onset of fever, headache, and stiff neck. Doctors treat meningococcal disease with an antibiotic, but quick medical attention is extremely important because the illness can be severe and can be deadly.

Sacramento County Public Health Officer, Dr. Olivia Kasirye said, “Keeping up to date with the CDC (Center for Disease Control and Prevention) recommended meningococcal vaccines are the best defense against getting this disease.”

Vaccines are available that can help prevent meningococcal disease. The Center for Disease Control and Prevention (CDC) recommends routine meningococcal conjugate vaccination for all preteens and teens at 11 to 12 years old with a booster dose at age 16, as well as for children and adults at increased risk for meningococcal disease. The CDC also recommends routine serogroup B meningococcal vaccination for those 10 years or older at increased risk for meningococcal disease. The public should talk to their health care provider to learn more about higher risk due to certain conditions.

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Visit the CDC website for additional information:

- About Meningococcal Disease - <https://www.cdc.gov/meningococcal/index.html>
- Meningococcal Vaccination: What Everyone Should Know - <https://www.cdc.gov/vaccines/vpd/mening/public/index.html>

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