



County of Sacramento

Health Advisory
June 7, 2016
Meningococcal cases in Sacramento County
High School students

Sacramento County has had five meningococcal cases among high school students, ages 16 through 19, since the start of 2016. All of the cases have now been identified as serogroup B. The cases are not epidemiologically linked to each other; therefore, cannot be identified as an outbreak. In comparison, there were two cases of invasive meningococcal disease (IMD) in Sacramento County in 2015.

Meningococcal disease is an acute, potentially severe illness caused by the bacterium *Neisseria meningitidis*. It is a leading cause of bacterial meningitis and sepsis in the United States. Primary mode of transmission is through contact with aerosols from the nose, throat, and mouth of colonized or infected persons. The disease can occur throughout the year. Symptoms of invasive meningococcal disease appear between 2 to 10 days after exposure, most typically between 3-4 days. Severe cases may lead to death.

Meningococcal vaccines are now available that help protect against all three serogroups of meningococcal disease that are most commonly seen in the United States (serogroups B, C and Y). There are three types of meningococcal vaccines available in the United States. <http://www.cdc.gov/vaccines/vpd-vac/mening/>

For more information, please see the following link. <http://www.cdc.gov/meningococcal/>

Recommendations for all Clinicians:

1. CDC recommends that all 11 through 18 year olds should be vaccinated with a quadrivalent vaccine that protects against serogroups A, C, W, and Y.
2. Teens and young adults (16 through 23 year olds) should also be vaccinated with a serogroup B meningococcal vaccine (2 doses of Bexsero® or 3 doses of Trumenba®), preferably at 16 through 18 years old. <http://www.cdc.gov/vaccines/vpd-vac/mening/who-vaccinate.htm>

If you need more information regarding meningococcal disease, please call Sacramento County Communicable Disease Surveillance Unit at (916) 875-5881.

Sincerely,

A handwritten signature in black ink that reads "Olivia Kasirye MD".

Olivia Kasirye, MD, MS
Public Health Officer