



Meningococcal conjugate quadrivalent (Men-C-ACYW-135)

What is the Men-C-ACYW-135 Vaccine?

The Men-C-ACYW-135 vaccine is a safe and effective way to keep from getting very sick from the real disease. It is approved by Health Canada. The Men-C-ACYW-135 vaccine (shot) is made with a tiny amount of dead germs. Vaccines help the immune system learn how to protect itself against the real disease.

Is Meningococcal disease serious?

Meningococcal disease can cause:

- Brain damage,
- Hearing loss, and
- Loss of limbs.

The two most severe and common forms of meningococcal disease are meningitis and septicemia.

Meningitis is an infection that causes swelling of the lining around the brain and spinal cord. Symptoms include:

- Stiff neck,
- Fatigue,
- Fever,
- Headache,
- Vomiting, and
- Seizures.

Meningitis can be deadly even with prompt medical treatment.



The best way to protect against meningococcal disease type A, C, Y and W-135 is with the Men-C-ACYW-135 vaccine. All adolescents should get the vaccine.

Septicemia is a bloodstream infection, which can lead to loss of an arm or leg and even death.

How is Meningococcal disease spread?

Meningococcal disease is caused by bacteria that is spread when you come into contact with an infected person's saliva, such as:

- Kissing,
- Coughing
- Sneezing,
- Face to face contact,
- Sharing lipstick
- Sharing food and drinks,
- Sharing cigarettes,
- Sharing musical instruments, or
- Sharing toys.

You can become infected when you come into contact with anything that has been in the mouth of a person with the disease.

Infants, teens and young adults are at increased risk of meningococcal disease.

Why should you get the Men-C-ACYW-135 vaccine?

Immunization is the best way to protect against meningococcal disease type A, C, Y and W-135.

When you are immunized you also help protect others. Someone who is vaccinated is less likely to spread infection.

What are possible reactions to the Men-C-ACYW-135 vaccine?

Vaccines, like any medicine, can have side effects. Most people who get the Men-C-ACYW-135 vaccine do not have any reactions.

Possible signs of reactions to the vaccine include:

- Soreness,
- Redness, and
- Swelling where the vaccine was given, and
- Fever.

Other signs include:

- Fatigue,
- Headache,
- Muscle aches,
- Chills,
- Drowsiness,
- Irritability, and
- Loss of appetite or an upset stomach.

These are mild reactions and usually last one to two days.

Who should NOT get the Men-C-ACYW-135 vaccine?

Speak to your health care provider.

Acetaminophen (Tylenol® and Tempra®) can be given for fever or soreness.

ASA (Aspirin®) should **NEVER** be given to children because it can cause a severe liver and brain disease called Reye's Syndrome.

It is important to stay in the clinic for 15 minutes after getting any vaccine because there is a rare possibility of a severe allergic reaction. This can include: hives, difficulty breathing, or swelling of the throat, tongue or lips.

If this happens after you leave the clinic, call or go to the nearest Emergency Department or your local health centre for immediate treatment.

Report any serious or unexpected side-effects to your public health nurse.

Who should get the Men-C-ACYW-135 vaccine?

Men-C-ACYW-135 is given as one shot according to the following schedule:

SCHEDULE FOR CHILDREN (17 or under)						
Vaccine	Age					
	Birth	1 year	2-5 years	Grade 4-6	Grade 9	Grade 12*
Men-C-ACYW-135						✓

* The cost of the vaccine is covered for those planning to attend post-secondary school outside of the NWT.

To find out more about the Men-C-ACYW-135 vaccine contact your local health centre to speak to your public health nurse or visit the following links:

- NWT Immunization Schedule:
<http://www.hss.gov.nt.ca>
- Immunize Canada:
<https://immunize.ca>
- To keep track of your family's immunizations on your smart phone or tablet and to receive vaccine schedule reminders please download the CANImmunize App at:
<https://www.canimmunize.ca>

Your local health care centre is located at the address below.

Place Health Centre
contact information
here.