

Meningococcal vaccines are **FREE** for people aged 13-25 years in their first year of close-living situations (including up to 3 months before), such as boarding schools or halls of residence.

If you had your meningococcal vaccinations more than 5 years ago, talk to your doctor, nurse, pharmacist or healthcare provider to see if another course is recommended for you and if there will be a cost. Remember you need both MenACWY and MenB vaccinations for best protection.



To book your meningococcal vaccination call the Vaccination Helpline on **0800 28 29 26** or visit [info.health.nz/bookavaccine](https://info.health.nz/bookavaccine)

For more information about getting immunised

- talk to your doctor, nurse, pharmacist or healthcare provider
- [info.health.nz/meningococcal](https://info.health.nz/meningococcal)



Be protected against  
**Meningococcal  
disease**

**Te Kāwanatanga o Aotearoa**  
New Zealand Government

**Health New Zealand**  
Te Whatu Ora

Young people living closely together in places like boarding school or halls of residence are at higher risk of getting meningococcal disease.

Meningococcal disease can be life-threatening. **FREE vaccines** are available to protect against it.

## What is meningococcal disease?

Meningococcal disease is an infection caused by bacteria. It can lead to two very serious illnesses:

**Meningitis** – an infection of the brain membranes

**Septicaemia** – blood poisoning.

There are several different types of meningococcal bacteria, including A, C, W, Y and B.

Bacteria are spread in a similar way to the common cold – by coughing and sneezing, or from contact with saliva (spit).

## How serious is it?

Meningococcal disease can be life-threatening.

**It can develop and become deadly in just a few hours.**

People who survive meningococcal disease often have serious long-term effects, including amputation of limbs, hearing loss, seizures, brain injury and permanent skin scarring.

## How to protect yourself?

Vaccination protects you and helps stop it spreading to others.

Vaccines are available to protect against strains A, C, W and Y, and strain B of meningococcal disease.

You need two different vaccines:

- one dose of the meningococcal A, C, W and Y (MenACWY) vaccine, and
- two doses of the meningococcal B (MenB) vaccine. The second dose can be given eight weeks after the first dose.