

Important Information about Hepatitis A, B, and C

All public and private institutions of higher learning are required by Minnesota state law to provide information to all first-time enrollees regarding Hepatitis A, B, and C. The following information is provided to educate, not to treat or diagnose, and was compiled using information available from the Centers for Disease Control and Prevention (www.cdc.gov).

	HEPATITIS A	HEPATITIS B	HEPATITIS C
Cause	Hepatitis A virus (HAV)	Hepatitis B virus (HBV)	Hepatitis C virus (HCV)
Sign and Symptoms	Jaundice, fatigue, abdominal pain, loss of appetite, nausea, diarrhea, fever	Same symptoms as Hepatitis A including joint pain. About 30% of persons infected will have no signs/symptoms.	Same symptoms as Hepatitis A and Hepatitis B. About 80% of persons infected will have no signs/symptoms.
Long Term Effects	No long term (chronic) infection, but 15% of persons infected may experience relapsing symptoms over 6-9 months.	Without vaccination, HBV can last in the body for a lifetime causing chronic illness and serious damage to the liver.	Like HBV, the Hepatitis C virus can last for a lifetime. HCV is the leading reason for liver transplants.
Transmission	HAV is present in stool (feces) of an infected individual. It is spread through fecal-oral transmission.	HBV and HCV are both transmitted through blood and body fluids. This occurs when the blood, semen, vaginal secretions of an infected person come in contact with the mucous membrane of a non-infected person.	
Prevention	A vaccine for HAV is available which provides the best protection. Remember to always wash your hands with soap and water after using the bathroom, changing a diaper, and before preparing and eating food. Short term protection from HAV is available from immune globulin. It can be given before and within two weeks after coming in contact with HAV.	HBV vaccine provides the best protection. If you are a healthcare provider, get vaccinated and always use Universal Precautions. Consider the behaviors that can put you at risk. Vaginal, oral or anal intercourse with more than one steady partner increases your risk of exposure. Abstinence is the best and only method that prevents sexually transmitted HBV. The efficiency of condoms in preventing HBV is unknown, but their proper use may reduce transmission. Never use IV drugs or share needles. Use caution with tattoos and body piercings; make sure your artist or piercer uses sterile equipment and good health practices. If you are positive for HBV, do not donate blood, organs, or tissue.	There is no HCV vaccine to prevent infection. Do not share personal hygiene items that might have blood on them. HCV can be spread by sex although this is rare. Again, abstinence is the best method to prevent any sexually transmitted disease. To prevent exposure to HCV, do not shoot drugs or share needles. Use caution when getting tattoos and/or piercings. If you are positive for HCV, do not donate blood, organs, or tissue.
Treatment and Medical Management	As with any illness, it is important to be evaluated by your doctor for care. There are medications available to manage chronic Hepatitis B and C.		

I have read the information presented concerning the Hepatitis A, B, and C.

Signature: _____ Date: _____

Name (Printed) _____

Meningococcal Disease and the Vaccine

What College Students Need to Know

What is meningococcal disease?

Meningococcal disease is a serious illness caused by *Neisseria meningitidis* bacteria. It can cause meningitis, an infection of the brain and spinal cord coverings, and blood infections. Drugs such as penicillin can be used to treat these infections.

About 2,600 people get meningococcal disease each year in the U.S. About 10-15 percent of these people die. Of those who recover, 10 percent experience serious long-term effects such as hearing loss, diminished mental capacity, loss of fingers or toes, seizures and other nervous system problems.

How does meningococcal disease spread?

Meningococcal disease is spread by close or direct contact with secretions from nose and throat. Kissing, sharing silverware, drinking directly from the same container, sharing a cigarette or lipstick, and coughing are examples of how meningococcal disease spreads.

What are the symptoms of meningitis?

Symptoms of meningococcal meningitis, a form of meningococcal disease, can include high fever, headache, a very stiff neck, confusion, nausea, sensitivity to light, vomiting, and exhaustion. A rash may also develop.

You may become seriously ill very quickly, so contact your student health service or health care provider immediately if you have two or more of these symptoms.

How can I protect myself from getting meningococcal disease?

Wash your hands often and avoid sharing forks, spoons, drinking containers, lipstick and smoking materials. There is also a vaccine that can prevent meningococcal disease.

What should I know about the meningococcal vaccine?

The vaccine is highly effective (85-100 percent) at preventing four of the major strains of bacteria that cause meningococcal meningitis on college campuses. There is one other strain that circulates that is not included in the vaccine.

For most college students, only one dose of the vaccine is needed. The vaccine protects for about three to five years. Immunity develops within seven-ten days after vaccination.

A vaccine, like any medicine, is capable of causing serious problems, such as severe allergic reactions. The risk of the meningococcal vaccine causing serious harm is extremely small. Getting the meningococcal vaccine is much safer than getting the disease.

How can I learn more about meningococcal disease and the meningococcal vaccine?

Ask your health care provider.

Call your local health department's immunization program or the Centers for Disease Control and Prevention (CDC): 1-800-232-2522 (English) or 1-800-232-0233 (Español).

Visit the following sites:

- Minnesota Department of Health
www.health.state.mn.us
- National Center for Infectious Disease
<http://www.cdc.gov>
- American College Health Association
www.acha.org
- National Meningitis Association
www.nmaus.org

Anyone can get meningococcal disease, but college freshman living in dorms are at increased risk and should seriously consider getting immunized.

I have read the information presented concerning the Meningococcal Disease and the Meningococcal Vaccination.

Signature: _____

Date: _____

Name (Printed) _____