## Mayo Clinic Minute

### Meningitis 101 for college students

<table>
<thead>
<tr>
<th><strong>AUDIO</strong></th>
<th>College living puts students in close quarters and increases their risk for contagious illnesses like bacterial meningitis.</th>
</tr>
</thead>
</table>
| **Title:** Marie Grill, M.D.  
Neurology  
Mayo Clinic | “Sharing straws, sharing beverages, sharing toothbrushes, cigarettes – all of those types of things can be a risk. In addition, coughing, sneezing, kissing are also ways that the disease can be spread.” |
| **Graphic:** Inflames brain and spinal cord  
Symptoms:  
- Headache  
- Neck stiffness  
- Fever  
- Nausea  
Can be deadly | Neurologist Dr. Marie Grill says bacterial meningitis inflames the membranes surrounding your brain and spinal cord and creates symptoms that include headache, neck stiffness, fever and nausea. It’s a serious illness that can be deadly, if left untreated. |
| Marie Grill, M.D. | “Vaccination is key with respect to bacterial meningitis.” |
| **Graphic:** Bacterial meningitis boosters  
Preteen  
16-years-old | The Centers for Disease Control and Prevention recommends two rounds of booster shots: one in preteen years, around 11 or 12 years old, and another at 16. |
| Marie Grill, M.D. | “Certainly, if the vaccine was received before the age of 16, then it should be given again before your kids go off to college, just because the immunity does wane over time.” |

For the Mayo Clinic News Network, I’m Jeff Olsen.