The Men-C vaccine protects against illness caused by group C meningococcal bacteria (Neisseria meningitidis).

Who should get this vaccine?  
- Routinely given to all children at 1 year of age.
- Another meningococcal vaccine (Men-C-ACYW-135 vaccine) is given in grade 7, which provides a booster dose for group C, as well as protection against three additional strains of this bacteria.

How well does this vaccine work?  
Men-C vaccine protects 97% of infants after receiving their infant dose, however immunity wanes to 68% after 1 year. This is why the grade 7 booster dose is so important.

Is there an alternative to this vaccine?  
At this time there are no other ways to prevent this disease. Hand washing and covering the mouth and nose while coughing/sneezing can help reduce the spread of disease. Meningococcal bacteria is also spread by sharing items that come in contact with the nose and throat (i.e. lipstick, water bottles, straws, toothbrushes), so not sharing these items decreases the risk of spreading this bacteria.

Is this vaccine safe?  
The risk of a serious reaction or side effect from this vaccine is much less than the risk of meningitis.

If you experience any side effect worse than what is listed below, please seek medical advice and notify the health unit.

Common side effects of this vaccine  
- Pain in the muscle
- Swelling
- Redness
- Irritability
- Fever
- Headaches
- Feeling unwell

Who should not receive this vaccine?  
- Anyone with an allergy to any of the vaccine components or who has had an allergic or anaphylactic reaction to this vaccine.
What is in this vaccine?

<table>
<thead>
<tr>
<th>Menjugate®</th>
<th>Also found in…</th>
</tr>
</thead>
<tbody>
<tr>
<td>Latex</td>
<td>Balloons</td>
</tr>
<tr>
<td>Disodium phosphate heptahydrate</td>
<td>Laxatives, food additive-emulsifier, leavening agent for baked goods</td>
</tr>
<tr>
<td>Mannitol</td>
<td>Mushrooms, trees</td>
</tr>
<tr>
<td>Sodium chloride</td>
<td>Table Salt</td>
</tr>
<tr>
<td>Diphtheria toxoid</td>
<td>Other vaccines</td>
</tr>
<tr>
<td>Aluminum</td>
<td>Breast milk, infant formula</td>
</tr>
<tr>
<td>Sodium dihydrogen phosphate monohydrade</td>
<td>Laxatives, food additive-emulsifier, leavening agent for baked goods</td>
</tr>
</tbody>
</table>

We ask you to:

- Check
  - Your child’s yellow immunization card or health record.
- Contact
  - Your child’s family physician or health-care provider to obtain records, or to get missing vaccinations.
- Share
  - Visit our website to share your immunization record with us.

References: