

MEN, if you have SEX with other MEN, get vaccinated

Men who have sex with men: If you are planning **close or intimate contact** with men who may also have sex with men, **get a meningococcal vaccine now.**

In recent months, there have been **several cases of Invasive Meningococcal Disease** across the US in **men who have sex with men.** Sadly, some of these cases have died.

The disease is **spread through saliva (spit)**, so **kissing** can spread it. So can **sharing food, drinks, utensils, cigarettes, hookas, bongos or joints.** This disease can be more easily spread in crowded places such as **bars, clubs and parties.**

Ask your doctor about getting vaccinated. To learn more, call **925-313-6740** or please visit **cchealth.org.**



Invasive Meningococcal Disease is rare but very serious. It can become **deadly within hours** after symptoms appear. Seek medical attention immediately if you notice these symptoms:

- Sudden fever
- Stiff neck (difficult to turn)
- Head and muscle ache
- Skin rash
- Eyes overly sensitive to light
- Nausea
- Chills
- Difficulty thinking or focusing