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, bongs 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 925-313-6767 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