

Meningococcal Disease in Toronto

Public Health Nurses:
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November 2022

Are you **20 to 36?**

- Check your immunization record for **meningococcal vaccine**
- If you do not have the vaccine, book an appointment as soon as possible
- Bring ID to verify your age
– a health card is not required

Appointments are available at
tphbookings.ca

I ACKNOWLEDGE

the land I am standing on today is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples. I also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit, and the Williams Treaty signed with multiple Mississaugas and Chippewa bands.

Meningococcal Disease Outbreak

- On August 25, 2022, Toronto Public Health confirmed three cases of invasive bacterial meningococcal disease in Toronto.
- The three people were between 20-30 years old & not vaccinated against meningococcal disease.
- They were born outside of Canada in countries that do not provide childhood meningococcal vaccination.
- Sadly, one person died.



What is Meningococcal Disease?

- Caused by a bacteria called *Neisseria meningitidis*.
- Some people carry this bacteria in their throat or nose without getting sick.
- In rare cases, it causes serious illness including an infection in the brain, spinal cord and/or blood, as well as other health complications.
- Mostly affects children under five years old, teens and young adults who are not vaccinated for the disease.

How it Spreads

- Direct, close contact with saliva or mucus from someone who has the disease.
- Examples: kissing, coughing or sneezing, sharing food or drinks, sharing toothbrushes, cigarettes, or living in the same household.
- Not spread through casual contact or by breathing air where someone with meningococcal disease has been.
- Can spread up to seven days before becoming sick and until 24 hours after starting the appropriate antibiotic.

Symptoms

See a health care provider right away if experiencing severe symptoms, or if you have ANY of the following after last seeing a person with meningococcal disease;



Sudden onset
of high fever



Severe headache



Stiff neck



Drowsiness
or confusion



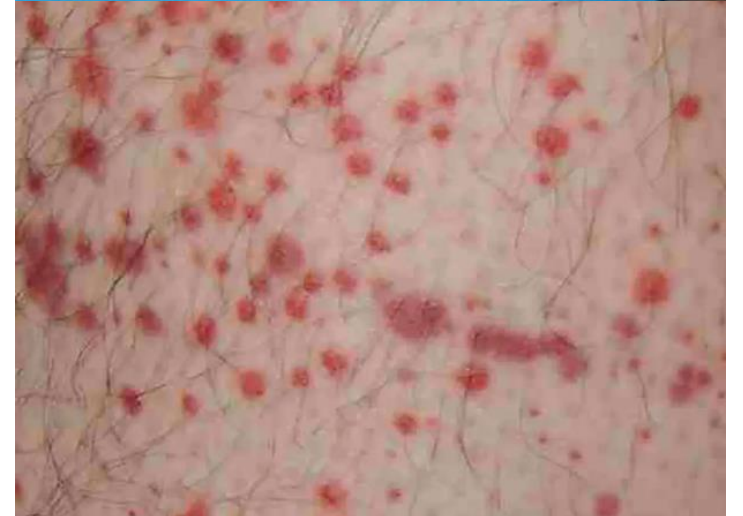
Nausea
or vomiting



Rash (purplish)
that spreads quickly



Seizures



Vaccination is Your Best Protection

- The meningococcal vaccine does not contain live bacteria and cannot give you meningococcal disease.
- Common side effects include pain and redness where the vaccine was given, headache, as well as feeling tired or unwell for a short time after getting the vaccine.
- In rare cases, serious allergic reactions may occur but they can be treated and are usually temporary.
- The vaccine is safe and effective with no long-term side effects.

Are you 20 to 36?

Check your immunization record.
If you did not get a meningococcal vaccine,
book an appointment at a City-run clinic:

1 Eglinton Square

(Eglinton Ave. & Pharmacy Ave.)

Cloverdale Mall

(250 The East Mall)

Crossroads Plaza

(2625 Weston Rd.)

Metro Hall

(214 Wellington St. W.)

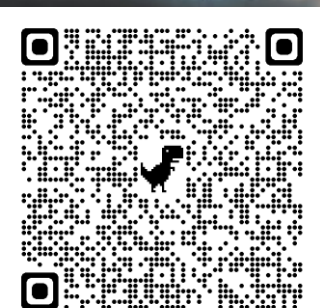
**Mitchell Field Community
Centre** (89 Church Ave.)

**Thorncliffe Park Community
Hub** (45 Overlea Blvd.)

The vaccine is free. No OHIP required.



TPHbookings.ca



Need Health Advice?

- Telehealth is now Health Connect Ontario.
- Connect with a registered nurse day or night.
- Check your symptoms, get health advice and referrals.
- Service is free. OHIP not required.



Online (including live chat):

healthconnectontario.health.gov.on.ca

Call: 811 (TTY 1-866-797-0007)

Need Vaccine Advice?

VaxFacts+

**Speak with a
VaxFacts Clinic
physician about
more topics!**



**Schedule a one-to-one phone conversation.
BOOK ONLINE OR GIVE US A CALL.**

shn.ca/VaxFacts | 416-438-2911 ext. 5738

**Our trusted doctors are here to talk, listen and answer
your questions about more VaxFacts services:**



MONKEYPOX
And other
infectious diseases



**COVID-19 VACCINES
& TREATMENTS**
Such as boosters,
Evusheld and Paxlovid



AND MORE
Such as childhood
vaccines, flu vaccines and
preventative counselling

Need More Information?

Contact  TORONTO
Public Health



416-338-7600 (TTY 416-392-0658)
Monday to Friday | 8:30 a.m. to 4:30 p.m.
Language interpretation available



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