MENINGITIS FOUNDATION

How to stay safe

Why should I get vaccinated?

Students aged 13-25 years are one of the most at-risk groups of contracting meningitis in New Zealand.

Meningitis is no joke. It's a serious and fast-moving illness that can have dire consequences if left untreated.

Meningitis can spread easily through everyday activities like sneezing, coughing, kissing, and sharing drinks and vapes. Don't let the risk take away from your school or uni experience.

How do I get vaccinated?

To protect yourself against different types of meningitis (A, C, W, Y, and B), getting vaccinated is a must.

For your Meningitis B vaccination, you'll need to receive 2 doses, 8 weeks apart. For A, C, W and Y, you only need one dose.

Meningococcal vaccines offer protection for up to five years. You'll need a booster after this period to stay protected.

Guess what? If you're in your first year in a boarding hostel or uni hall of residence these vaccines are free! You can even get vaccinated in the summer break before you leave home!

Don't wait for a wake-up call. Act now to stay protected, healthy, and ready to make the most of your school or university journey.

MENINGITIS FOUNDATION

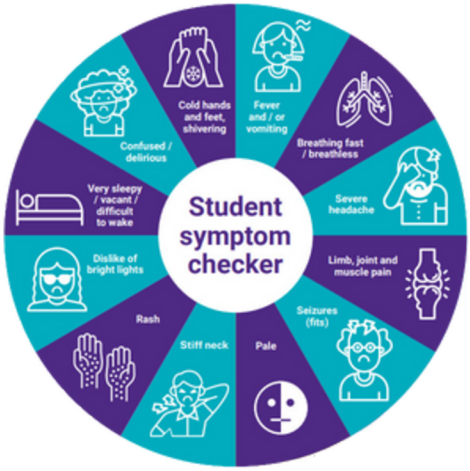
How long does the vaccine last?

In older children, adolescents and adults, protection is expected to last for around 5 years after vaccination. If you haven't been vaccinated for ACWY and Men B in the last five years, you will need to be re-vaccinated.

Where can I get vaccinated?

Getting vaccinated is easy, and MenB and MenACWY vaccines can be administered at the same visit (MenB requires two doses, 8 weeks apart). All you need to do is make an appointment with your GP or your student health provider. Many pharmacies also offer vaccination for both MenB and ACW&Y. More information can be found at healthpoint.co.nz.

Know the Symptoms



Visit meningitis.org.nz for more information