



## Preventing the Spread

### Can Group C Meningococcal Disease be prevented?

Yes. That is why the NWT is launching its phased immunization program. Youth aged 14-19 will be the first to receive the vaccine. School aged children are next, followed by preschool aged children over one.

### How does the disease spread?

The infection is spread through a direct physical contact such as kissing and through droplet contact via coughing, and sneezing. These bacteria can also spread through saliva (spit) when people share items such as:

- cigarettes
- lipstick
- food or drinks
- toothbrushes
- toys
- mouth guards
- cups, water bottles, cans, drinking straws, etc.
- musical instruments with mouthpieces

The infection is **not** spread through casual contact in school, work or sports events.

### How to prevent the spread

In general, people should not share anything that has been in their mouth.

**During sporting events, athletes should not share food or drink and they should have their own water bottles.**

*Exposure to cigarette smoke, both directly by smoking and indirectly by exposure to smokers, increases the risk of spread of meningococci, as well as other bacteria.*

### How can I learn more?

Call your local health centre and talk to your nurse/doctor. You can also find reliable information on the following Internet sites.

Department of Health and Social Services  
[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)

Canadian Pediatric Society  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

Canadian Health Network  
[www.Canadian-Health-Network.ca](http://www.Canadian-Health-Network.ca) • Children • Immunization

Meningitis Research Foundation of Canada  
[www.Meningitis.ca](http://www.Meningitis.ca)

Canadian Immunization Awareness Program  
[www.Immunize.cpha.ca](http://www.Immunize.cpha.ca) • resources • meningitis

U.S. Centers for Disease Control and Prevention  
[www.cdc.gov/nip/](http://www.cdc.gov/nip/) • Parents Guide to Childhood Immunization

Centers for Disease Control and Prevention  
[www.cdc.gov/NIP/publications/VIS](http://www.cdc.gov/NIP/publications/VIS)

