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## Important Information for Residents in the Tenderloin

2 Recent Cases of Meningococcal Disease

### **What's going on?**

In San Francisco over the last week there have been 2 cases of an infection called meningococcal disease. Two of the ill people were hospitalized. Meningococcal disease is a severe disease that causes **death in 50% of cases.**

### **What are the symptoms of meningococcal disease?**

The symptoms of meningococcal disease include: confusion, high fevers, headache, stiff neck, nausea, vomiting, diarrhea, a dark purple skin rash, sensitivity to light, sleepiness, severe muscle aches, abdominal pain or rapid breathing. **If you develop these symptoms, you should immediately seek medical care, by calling 911 or going to the nearest emergency room.**

### **How does this disease spread?**

Meningococcal disease is spread by having contact with spit, phlegm, or other fluids from the nose or mouth, including sharing cigarettes, or drinking from the same bottle of beverage of someone who has the disease. Intimate physical encounters, including sex, may pass infection. Meningococcal disease is NOT spread by just breathing the air where the ill person has been, or being in the same room with them.

### **How soon do close contacts become sick?**

The symptoms usually start within 5 days, but may take between 2-10 days to start.

## **What should I do if I have been around someone who is sick?**

People who have been in **close contact** with an ill person should get antibiotics to prevent getting sick. Medical providers give a prescription for the right antibiotic. If you did not have close contact with the ill person, you do not usually need to take antibiotics unless you feel sick.

## **What should I do if I get sick?**

- **IF YOU HAVE ANY OF THESE SYMPTOMS, DON'T WAIT!**
- **CALL 911 or**
- **GO IMMEDIATELY TO THE NEAREST EMERGENCY ROOM OR SF GENERAL HOSPITAL EMERGENCY DEPARTMENT AT 1001 POTRERO AVENUE**

## **How can I protect myself?**

- **Be aware that close contact may lead to infection.**
- **Consider not sharing bottles, cigarettes, straws, glass and other pipes to reduce risk of infection.**

## **For more information:**

### **San Francisco Department of Public Health:**

- Communicable Disease Control & Prevention  
[sfcdcp.org/meningococcal.html](http://sfcdcp.org/meningococcal.html)