

## **Meningococcal Meningitis Clinic, Vaccinations, Insurance: Frequently Asked Questions**

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### **Overview**

San Diego State University (SDSU) is currently experiencing an outbreak of meningococcal serogroup B (MenB) among undergraduate students 23 years of age and younger. The current outbreak has already affected several students who fall into this at-risk population. The goal is to ensure all SDSU undergraduate students, 23 years and younger, are vaccinated as soon as possible to prevent further spread of this disease. Working in collaboration with the County of San Diego Health and Human Services Agency (HHSA), SDSU will conduct mass vaccination clinics beginning Friday, October 5, 2018. If students have insurance, they do not have to wait for the clinic to be vaccinated. Please contact your insurance or health care provider to find out how you can be vaccinated.

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### **About the Meningococcal B (MenB) Mass Vaccination Clinic**

#### **1. Q: When and where will the vaccination clinics be held?**

The MenB Mass Vaccination Clinics (“the clinic”) will be held in Viejas Arena, located at [5500 Canyon Crest Drive](#) in San Diego, on Friday, October 5, and Monday, October 8. The clinics will be held from 10 a.m. to 4 p.m. on both days.

*Students are asked to enter Viejas Arena through the PK 13 entrance, located on the north end of the arena, directly across from parking structure/PK 12.*

#### **2. Q: What should I expect at the vaccination clinics? Will there be long lines?**

Depending on a student’s individual situation (i.e., living in a traditional residence hall, insured by Kaiser Permanente, or insurances accepted at Walgreens), they will be placed into a line that is most appropriate. While each student’s situation is different, each student will be asked to review and complete a series of paperwork (registration and consent form), be checked in and screened by a nurse, receive the vaccine, then asked to wait for a brief period before leaving.

We encourage students to be there as early as possible and plan for potential lines. If a student would prefer not to wait in line or cannot attend one of the vaccination clinics, they can access the vaccine by doing one of the following:

- Promptly contact their healthcare provider to explore MenB vaccination options.



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- Contact a local pharmacy to receive the vaccine (call ahead to make sure the MenB vaccine is available and your insurance is accepted; if not accepted, call your insurance to find pharmacies that take your insurance).
- Call Student Health Services at 619-594-4325 to obtain the vaccination for a fee.

**3. Q: If I choose to attend a vaccination clinic at SDSU, will there be a charge for the vaccine?**

At the clinic, each student will be assessed based on their individual situation (if they have Kaiser Permanente or insurance accepted at Walgreen, if they live in a traditional residence hall, etc.). While there are three options for students to receive the vaccines, students will receive the vaccine for free or at a cost (Important note: Please see the Kaiser Permanente and Walgreens questions listed below, No. 6 through No. 9).

**4. Q: Who will be at the vaccination clinics held at SDSU?**

SDSU, County of San Diego HHSA, and community partners will be in attendance to vaccinate SDSU undergraduate students, ages 23 years and younger.

The following partners have confirmed attendance during both days of the vaccination clinics, to be held Friday, October 5, and Monday, October 8:

- **Kaiser Permanente** will be in attendance from 10 a.m. to 2 p.m.
- **Walgreens** will be in attendance from 10 a.m. to 4 p.m.

***Important note:** Individuals who are TRICARE beneficiaries can go to Balboa Navy Medical Center.*

**5. Q: Why are community partners participating in the vaccination clinics?**

Community partners are critical to support our vaccination efforts and can provide services to students who are uninsured, under-insured or insured.

**6. Q: If I am attending the vaccination clinic and I am a member of Kaiser Permanente what should I expect at the vaccination clinics?**

Students insured by Kaiser Permanente should bring their Kaiser Permanente member card and a valid photo ID. Students will be checked in using their member card and a member of the Kaiser Permanente team will review their immunization record and provide MenB if needed. There is no fee (co-pay or otherwise) for students insured by Kaiser Permanente.

***Reminder:** Kaiser Permanente will only be at the vaccination clinics from 10 a.m. to 2 p.m. on both days at SDSU.*

**7. Q: I see Walgreens will be at the vaccination clinics. How do I know if Walgreens will accept my insurance?**

Walgreens is participating in the vaccination clinics to provide assistance with vaccinating as many SDSU undergraduate students aged 23 and younger as possible. Walgreens can provide vaccinations to many students who have insurance.

***Important note:** Students should follow the instructions in the next question to determine whether Walgreens takes their insurance.*

**8. Q: If I have insurance and would like to utilize the Walgreens options at the vaccination clinic, what do I need to know?**

***Important note:** If you are interested in obtaining the vaccination from Walgreens during the vaccination clinics, it is your responsibility to call your insurance provider to ask if Walgreens is covered by your plan, and to learn the cost to obtain the vaccine from Walgreens. Neither SDSU or County of San Diego HHSA is responsible for any bills resulting from a student obtaining the vaccine from Walgreens.*

For any students who obtains the vaccine from Walgreens, the company will attempt to bill insurance, but will not do so until after the vaccination clinics.

During the clinics, Walgreens will take the student's contact and insurance information and will process all billing after the fact. A student will be billed based on their insurance plan. This will vary from student to student and is dependent upon a student's insurance plan. The amount billed can range from \$0 (if fully covered by the student's insurance) to \$195 (if Walgreens is unable to collect any payment from the insurance provider).

Once you have checked with your insurance provider, if you would like to utilize this option, you should register for a Walgreens account at <https://www.walgreens.com/login.jsp> and bring your insurance card and a valid photo ID to the vaccine clinics at SDSU.

**9. Q: If I do not receive a vaccine from Kaiser Permanente or Walgreens, will I receive the vaccine from the County of San Diego HHSA ?**

Yes. The County of San Diego HHSA has received federally-funded MenB vaccines from the California Department of Public Health because of the current outbreak at SDSU. The County is prioritizing these vaccines for the highest risk populations (students aged 23 and younger who live in traditional residential halls) followed by all other students 23 and younger.

**10. Q: What if I have military insurance (i.e., TRICARE)?**

The Navy is hosting MenB clinics for those insured with TRICARE. The clinics will be held Friday, October 5, and Friday, October 12, from 11 a.m. to 4 p.m. on the first floor of the Department at Naval Medical Center San Diego (NMCS), across from Medical Records.



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TRICARE Defense Enrollment Eligibility Reporting System (DEERS) eligible beneficiaries who are aged 23 and younger and who are enrolled at SDSU can receive the vaccination during the clinic hours, pending a vaccine clearance. For more information, call 619-532-5358.

DEERS eligible students should bring all immunization records and U.S. Department of Defense identification cards. If you have previously completed the meningococcal serotype B (MenB) vaccination series in full, you do not need further vaccination.

**11. Q: What should I do before the vaccination clinics?**

Review your immunization record or contact your healthcare provider to determine whether or not you have already received one of the two MenB vaccines (Bexsero and Trumenba). If you have completed either of these vaccine series, you do not need further MenB vaccination. If you have started one of the series, *do not attend the vaccination clinic* instead make plans to complete the appropriate series through your healthcare provider at the correct time interval. If you have not received a dose of either Trumenba or Bexsero, make plans now to start your MenB vaccination.

**Note:** *The meningococcal conjugate or MCV4 vaccines (Menactra and Menveo) are NOT MenB vaccines and do not provide protection during this current meningococcal outbreak.*

**12. Q: Should I attend the vaccination clinic if I started one of the series, but have not received all doses?**

No, you should make plans to complete the appropriate series through your healthcare provider at the correct time interval.

**13. Q: I plan to attend one of the on-campus immunization clinics. What should I bring with me?**

If available, bring a copy of your immunization record and insurance information, if any. Students who plan to seek the vaccine should make certain to keep a printed version or a photograph on hand. Students without these will not be turned away, but it is beneficial to bring them.

**Note:** *Students must bring their RedID card and identification that indicates their date of birth.*

**14. Q: Why do I need to bring identification?**

In order to verify students are age 23 or younger, students are asked to bring identification indicating their date of birth.

**15. Q: Who should not attend the on-campus MenB vaccination clinics?**

You should not attend the vaccination clinics if you:

- Started or completed a MenB vaccination series.
- Had a life-threatening allergic reaction after a previous dose of MenB vaccine.
- Have a severe allergy to any part of the MenB vaccine. *Tell your healthcare provider if you have any severe allergies that you know of, including a severe allergy to latex. He or she can tell you about the vaccine's ingredients.*



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- Are 24 years of age or older.
- Are a graduate student.
- Are faculty/staff.
- Are a pregnant woman and/or a breastfeeding mother (*Please consult with your obstetrician if you are pregnant or breastfeeding*).
- Have a moderate to severe illness. *If you have a mild illness, such as a cold, you can probably get the vaccine today.*

**16. Q: I am 24 or older. Should I visit the vaccination clinic?**

Students aged 24 years and older are not recommended to receive the MenB vaccine for this outbreak. If you believe you may need the MenB vaccine, please contact your healthcare provider.

**17. Q: Who is allowed in Viejas Arena during the clinic? Can I bring a friend or family member with me during the clinic hours?**

Only SDSU undergraduate students aged 23 years and younger are eligible to receive the vaccine. However, students may bring a friend or family member for support, if desired.

**18. Q: Can I bring my therapy dog?**

No, only service animals are allowed in the clinic.

**19. Q: I cannot make the clinic hours on October 5 and October 8? What can I do to get vaccinated, with or without insurance?**

Students who would like to be vaccinated but are unable to attend one of the scheduled clinics should promptly contact their healthcare provider or insurer to ask about receiving the MenB vaccine. The MenB vaccine is also available by appointment at SDSU Student Health Services for a fee.

**20. Q: Do I need to wait for the clinics to get vaccinated?**

No, the clinics offered on campus are not the only ways to get vaccinated. Students who have health insurance and would like to be vaccinated are encouraged to promptly make arrangements to receive the vaccine through their health care provider (learn more at the following link: [http://go.sdsu.edu/student\\_affairs/healthpromotion/insurancehelpreferrals.aspx](http://go.sdsu.edu/student_affairs/healthpromotion/insurancehelpreferrals.aspx)) or a local pharmacy (call in advance to ensure that the vaccine is available and your insurance accepted).

**Who Should be Vaccinated**

**21. Q: Who should get vaccinated?**

Due to the current outbreak, MenB vaccine is recommended for all undergraduate SDSU students who are 23 years of age or less and who have not yet been vaccinated for serogroup B meningococcal disease with either Bexsero or Trumenba vaccines. Students who have specific medical conditions, including no spleen (asplenia), complement deficiency, sickle cell anemia, or those taking the medication Soliris, are considered at higher risk for developing the disease and should also receive the vaccine.

**22. Q: Do I need the MenB vaccine if I am an SDSU undergraduate, aged 23 years or less and living off campus?**

Yes. However, students who live on campus may be at higher risk because they live in close proximity to other students.

**23. Q: I received Cipro at SDSU in early September. Do I need to be vaccinated?**

Yes. Even though you received preventive antibiotic treatment in September, you should still be vaccinated if you are a part of the at-risk group and have not already received the MenB vaccine.

**24. Q: I was a close contact of a student who was diagnosed with meningococcal disease and received the antibiotics. Do I need the vaccine?**

Yes. Even though you received preventive antibiotic treatment, you should still be vaccinated if you are a part of the at-risk group and have not already received the MenB vaccine.

**25. Q: If I received a meningococcal (meningitis) vaccine when I was in high school, does that protect me?**

MenB vaccines (Trumenba and Bexsero) are relatively new (approved by FDA in 2014 and 2015), and most college students have not received it. In contrast, many college students have received a vaccine (Menveo or Menactra) that protects against four other serogroups of meningococcal disease (A, C, W, Y). That vaccine does not protect against serogroup B, the cause of current infections at SDSU. It is therefore important for all SDSU undergraduate students aged 23 years or less that have not already been vaccinated with a MenB vaccine, to be vaccinated now.

**About Vaccinations**

**26. Q: What vaccines are available to prevent Meningococcal B (MenB)?**

There are two available vaccines for serogroup B meningococcal disease; Bexsero® (a two-dose series) and Trumenba® (a three-dose series during outbreaks). The same vaccine must be used for all doses.

For more information about these vaccines, please visit: <http://eziz.org/assets/docs/IMM-1219.pdf>

**27. Q: How is the MenB vaccine administered?**

Both MenB vaccines are administered through an intramuscular injection in the arm.

**28. Q: What vaccine will be administered at SDSU Student Health Services?**

SDSU Student Health Services is able to administer both Bexsero and Trumenba MenB vaccines.



**29. Q: What are the potential side effects for the vaccines?**

The Centers for Disease Control and Prevention reports that potential side effects from receiving the MenB vaccine can include soreness, redness and swelling around the area where the shot was given; feeling tired; headaches; muscle or joint pain; fever or chills; nausea or diarrhea.

Learn more via the Centers for Disease Control and Prevention's website:

<https://www.cdc.gov/vaccines/vpd/mening/public/index.html#side-effects>

**30. Q: What should I do if I have had one vaccine but not both?**

If you have started one of the Men B vaccine series (Bexsero or Trumenba), make plans to complete the appropriate series through your healthcare provider or a convenient pharmacy at the correct time interval. Contact your insurer to find out what pharmacy will accept your insurance. SDSU Student Health Services is also able to complete your MenB vaccine series. Call to find out about fees and scheduling an appointment.

***Note:** Because you must complete your series with the same vaccine as used to start the series, it is important that you bring your vaccine record with you to your appointment. Your provider will want to verify that they are using the same vaccine you first received.*

**31. Q: If I attend the vaccination clinic, how will I receive the second dose of the MenB vaccine?**

Information will be provided during the vaccination clinic regarding how to obtain the second dose. This may vary from student to student.

**32. Q: What if I am an SDSU undergraduate aged 23 or younger but do not want to get vaccinated?**

Each student will make their own decision regarding whether or not to be vaccinated.

However, because this is an outbreak situation, we urge all undergraduate students aged 23 years or younger and without a medical contraindication to give strong consideration to receiving the MenB vaccine. This vaccine will increase your safety and the safety of those close to you.

**33. Q: Who should avoid these vaccines?**

Individuals should avoid the vaccine if they have had any severe, life threatening allergic reaction to a previous dose of MenB vaccine or if they have a severe allergy to any part of this vaccine. *(Tell your healthcare provider if you have any any severe allergies that you are aware. Your healthcare provider will tell you about the vaccine's ingredients.)* Also, those who are pregnant or breastfeeding should speak to their doctors and tell the person administering the vaccine of their conditions.

Individuals with mild illness, such as a cold, can probably be vaccinated. Moderate or severe illness may require that an individual wait until recovery to be vaccinated.



**34. Q: Can I get MenB and flu vaccines at the same time? Any side effects?**

Yes, you can receive both at the same time. No, no side effects exist for taking the vaccines at the same time.

For information on the benefits, potential side effects and more of the influenza vaccine and the MenB vaccines, please visit the Centers for Disease Control and Prevention online:

- <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/flu.html>
- <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mening-serogroup.html>

**About Insurance and Payment Options**

**35. Q: If I have insurance, how can I access the vaccine?**

Step 1: Locate the phone number for your health insurance as well as your member ID number. You can find this information on your insurance card.

Step 2: Call your health insurance company and ask the following questions:

- Where can I go to get the meningitis B vaccine?
- How much will this cost using my health insurance?
- Do I need to make an appointment to get this or can I walk-in?

Step 3: If vaccine or preventative treatment need to be administered at a doctor's office and you do not already have a local primary care provider, ask for a list of medical providers (doctor, nurse practitioner, pharmacies, etc.) in the area and instructions on how to make an appointment.

Step 4: Before concluding the call, confirm price, location, and if an appointment is needed.

**36. Q: What do I do if I have Medi-Cal or Medicaid?**

Please attend one of the vaccination clinics on Friday, October 5, or Monday, October 8, or reach out to SDSU's Community Resource Specialist at 619-594-4133.

**37. Q: What should I do if my insurance is out of state, or if I am out of network?**

Please attend one of the vaccination clinics on Friday, October 5, or Monday, October 8, or reach out to SDSU's Community Resource Specialist at 619-594-4133.

**38. Q: I am uninsured and cannot afford the vaccine. What should I do?**

Please attend one of the vaccination clinics on Friday, October 5, or Monday, October 8, or reach out to SDSU's Community Resource Specialist at 619-594-4133.



**39. Q: Can I just pay out of pocket?**

Yes, the vaccine is available at Student Health Services.

The Bexsero vaccine requires two doses, which are administered one month apart and cost \$154 per dose. The Trumenba vaccine requires three doses during an outbreak. The second and third doses of Trumenba are administered one and six months, respectively, following the initial dosage. Trumenba costs \$120 per dose.

*Note: Student Health Services does not accept insurance.*

**40. Q: What should I do if I cannot find my immunization card?**

Contact your healthcare provider. They can access your medical record to determine what immunizations you received under their care.

**About Prevention and Risk**

**41. Q: What options exist for prevention of meningococcal infection?**

Vaccination is an important means to prevent meningococcal infection. MenB vaccines can help prevent meningococcal disease caused by serogroup B, the bacteria causing this outbreak. Another type of meningococcal vaccine, the meningococcal conjugate or MCV4 vaccine, helps to protect against serogroups A, C, W-135 and Y meningococcal disease.

Ciprofloxacin (Cipro) is used to prevent infection in people who have recently had prolonged or very close contact with individuals who have a meningococcal infection. Unlike vaccination ciprofloxacin does not provide future protection.

**42. Q: What should I do if I suspect someone I know may have meningitis?**

Do not hesitate to seek medical attention if you suspect that you or someone you know has meningococcal meningitis based on the symptoms, which include high fever, severe headache, stiff neck, rash, nausea, vomiting and lethargy (symptoms may resemble the flu). Because the disease progresses rapidly, often in as little as 12 hours, prompt diagnosis and treatment are critical to recovery.

Seeking immediate medical attention is critical. If you cannot take the person to the hospital, please call an ambulance.

**43. Q: Why do some people get meningitis?**

The medical community does not yet fully understand why certain people become ill from germs, including those that cause meningitis, while others remain unharmed. This is why prevention and maintaining healthy habits are so critically important.

Good health habits, which lower the risk of acquiring meningococcal meningitis and many other infections, include:

- Washing your hands often with soap and water.
- Abstaining from smoking and being around smoking; also avoiding sharing vaping and cigarettes/smoking.
- Not sharing cups and other utensils; food and beverages; or makeup and lip balm.
- Eating healthy, nutritious foods and drinking plenty of fluids.
- Exercising, managing stress with healthy coping strategies and getting plenty of quality sleep.
- Covering your mouth and nose with a tissue or a sleeve (not your hand) when coughing or sneezing.

We encourage you to both maintain and promote these healthy habits.

**44. Q: Why are only SDSU undergraduate students aged 23 and younger being recommended to receive serogroup B meningococcal disease?**

National guidance states that serogroup B vaccine may be given to persons 16 to 23 years of age as part of routine vaccination, in consultation with a healthcare provider. Additionally, there have been no college campus outbreaks of serogroup B involving students over the age of 23. The three recently diagnosed cases at SDSU were all under the 24 years of age.

**45. Q: I am a graduate student and/or employee and given my exposure to undergraduates, feel compelled to get vaccinated. Am I at heightened risk? What should I do?**

County of San Diego HHS currently does not recommend SDSU graduate students, faculty or staff receive the meningococcal vaccine, unless they are at [increased risk](https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mening-serogroup.html), which the CDC defines online: <https://www.cdc.gov/vaccines/hcp/vis/vis-statements/mening-serogroup.html>

**46. Q: Where can I obtain the Meningococcal B vaccine if I am not an SDSU undergraduate student?**

Contact your healthcare provider to get more information about meningococcal vaccine.

**47. Q: Can environmental surfaces be contaminated with bacteria that causes meningococcal disease?**

The bacteria cannot live outside the body for very long. There is no known risk of becoming infected by touching surfaces like doorknobs, keyboards, or other surfaces that someone with the infection has touched. Sharing facilities like a classroom, cafeteria, bathroom or gym, also does not put someone at increased risk of infection.

**48. Q: Are community members at increased risk for contracting meningococcal disease by being on campus and/or interacting with SDSU students?**

No. There is currently no increased risk of meningococcal disease in the general community, even if you interact with the SDSU student population or come to campus. Disease transmission requires close contact with an infected individual.



**49. Q: An outbreak sounds very serious — what does outbreak mean and why isn't SDSU doing more to protect its students and employees?**

The Centers for Disease Control and Prevention defines a meningococcal outbreak as two to three individuals within a population developing meningococcal disease within a 3-month period.

Because meningococcal infection is a serious condition and can result in permanent disability or even death, SDSU agrees that an outbreak of meningococcus is very serious. However, as has been communicated to students, faculty and staff, this is not a time for alarm; it is the time for action. Thus, SDSU has and continues to take important steps to protect the SDSU community.

At the start of the semester, SDSU initiated a multi-tiered communications and educational effort to inform the campus community about and encourage its members to take preventive measures and practice healthy habits. The University will continue to drive its educational effort to broaden campus awareness and action. Various teams, including Student Health Services, Well-Being & Health Promotion, Student Life & Leadership and Residential Education, have actively engaged students, faculty and staff in face-to-face conversations, email messages, social media, telephone calls and other means to regularly share information about prevention, treatment and good health habits.

**50. Q: Why isn't the vaccine required?**

The California State University system designates all requirements for vaccinations for its campus. Through an executive order, CSU requires that all incoming freshmen who will live in campus housing be notified of the availability of the vaccine. However, the system does not require that students receive the vaccine against meningitis.

**51. Q: Why are there so many cases at SDSU and not elsewhere?**

While we have seen three cases over about a 3.5-month period at SDSU, there exists a modestly increased risk for meningococcal disease among college freshmen at institutions across the nation. This is especially true for students who live in dormitories or residence halls.

Also, the Centers for Disease Control and Prevention reports two other active outbreak cases nationally: the Five College consortium in Massachusetts is experiencing an outbreak of serogroup B meningococcal disease; also, Oregon State University has an ongoing outbreak of serogroup B meningococcal disease.

Because undergraduate students are at a modestly increased risk for meningococcal disease, SDSU has provided information about the disease, particularly to new students and also students living in residential communities on campus for many years.

**52. Q: Have there been other outbreaks of serogroup B disease at college campuses?**

Yes. Since 2008, serogroup B has been the cause of 11 U.S. [university/college outbreaks](#), including two in California: one at the [University of California Santa Barbara](#) in 2013 and one at [Santa Clara University](#) in 2016.



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### **About Meningococcal Disease**

#### **53. Q: Where can I learn more about meningococcal disease and vaccines?**

You can learn more by visiting the CDC meningococcal and Immunize.org websites:

- <http://www.cdc.gov/meningococcal/index.html>
- <https://www.cdc.gov/meningococcal/vaccine-info.html>
- [http://www.immunize.org/vis/meningococcal\\_acwy.pdf](http://www.immunize.org/vis/meningococcal_acwy.pdf)

### **For More Information**

#### **54. Q: Where can I get more information?**

If you have additional concerns, please call SDSU Student Health Services 8:30 am - 4:30 pm at 619-594-4325 and follow the prompts. Students and others may also dial 211, which is the regional, trusted source for information about community, health, social and disaster services.