



Trinity College Health Center with Care Provided by
Hartford HealthCare, Campus Care
300 Summit Street
Hartford, CT 06106-3100
p) 860.297.2018
f) 860.297.2020
e) healthcenter@trincoll.edu

Dear Student,

As Medical Director for Trinity College, I would like to take this opportunity to congratulate you on your acceptance and welcome you to our campus community! All of us at the Student Health Center are looking forward to meeting you and assisting with your health care needs while away from home.

While you are preparing to start your college experience, there is one very important health concern that I want to bring to your attention, and that is bacterial meningitis. In fact, what I am about to tell you may potentially save your life.

Bacterial meningitis causes inflammation of the fluids surrounding the brain and spinal cord. Although rare, it can strike healthy, young people and lead to death within hours. Survivors are often left with brain damage, blindness, or amputated limbs. Those who are at greatest risk are college students living in on-campus housing.

Fortunately, there are very safe and effective vaccines available to help protect you from meningitis. One of these vaccines, which is required to enter college, targets meningitis strains A, C, W, and Y (Menactra, Menveo, and MenQuadfi). The other vaccine, which is highly recommended but not required, targets strain B (Bexsero and Trumenba). It is important to understand that receiving the MenACWY vaccine will not protect you against meningitis B.

Meningitis B was responsible for meningitis outbreaks on 20 college campuses between March 2013 and November 2017. According to the CDC, 60% of young people between 16 and 23 years old who contract meningitis have type B.

Remember, the best thing you can do to help protect yourself from meningitis while at college is to get vaccinated. Please make time to see your doctor at home to talk about the meningitis B vaccine and how it can help you avoid this absolutely devastating disease.

You have so many wonderful experiences ahead of you in college. Don't let meningitis be one of them.

Sincerely,

Demetra Eleftheriou, MD

Demetra Eleftheriou, MD, MPH
Physician, Regional Medical Director of Campus Care
P: 860.297.2018, F: 860.297.2020
E: Demetra.Eleftheriou@hhchealth.org