



Trans* Folks: Protect Yourself, Get Vaccinated

Trans* Folks: If you are planning **close or intimate contact** with **men who may also have sex with men**, get a **meningococcal vaccine now**.

In recent months, there have been **several cases of Invasive Meningococcal Disease** across the US in **men who have sex with men**. Sadly, some of these cases died.

The disease is **spread through saliva (spit)**, so **kissing** can spread it. So can **sharing food, drinks, utensils, cigarettes, hookas, bongos or joints**. This disease can be more easily spread in crowded places such as **bars, clubs and parties**.

Ask your doctor about getting vaccinated. To learn more, call **925-313-6740** or please visit **cchealth.org**.



Invasive Meningococcal Disease is rare but very serious. It can become **deadly within hours** after symptoms appear. Seek medical attention immediately if you notice these symptoms:

- **Sudden fever**
- **Stiff neck (difficult to turn)**
- **Head and muscle ache**
- **Skin rash**
- **Eyes overly sensitive to light**
- **Nausea**
- **Chills**
- **Difficulty thinking or focusing**

Trans*: The term trans* is inclusive of transwomen, transmen, gender nonconforming people, gender questioning, gender variant, gender diverse, gender queer and all non-binary people.