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Date  
Topic Invitation for vaccination against meningococcal disease

Dear,

Having an injection is not something most of us would choose to do. There has to be a good reason for this. And there is! For the last 3 years an increasing number of people have become ill due to meningococcal bacteria. This is a dangerous and infectious bacteria that is easily spread by coughing, sneezing and kissing.

Luckily, you can protect yourself and others by being vaccinated with a simple injection. You are receiving this invitation because between 1 May and 31 December this year you will be aged 14.

#### **What do you need to take with you when you go for the vaccination?**

Soon you will be able to have this vaccination at your local Youth Health organisation. In the envelope there is an invitation card and a vaccination certificate. Take these with you when you go for the vaccination. Don't forget to take your ID with you. In the attachment, you will find more information about the invitation and what you should do if you cannot go.

#### **Meningococcal disease**

When you were 14 months old, you were probably vaccinated against type C meningococci. This vaccination is for another sort of bacteria – type W. This bacteria can cause meningitis or blood poisoning. These are very serious diseases, which can leave you with permanent harm for the rest of your life. They can even cause death. Luckily, this doesn't happen very often, but if you do get ill you could be admitted to hospital within a day.

#### **The vaccination**

You will get one injection in your upper arm. Once you have been vaccinated you can no longer become ill or infect other people. The more young people who have the vaccination, the lower the chance of the bacteria being able to spread. The vaccination is free.

Yours sincerely,

J.A. van Vliet, MD  
National Immunisation Programma manager