As a mom of four, I am a researcher and a questioner. I want to be informed, especially when it comes to my children’s health. I ask their pediatrician a lot of questions, so I was surprised when I only recently learned about meningitis B.

My daughter Poet just turned 16, which is an important milestone, but also one relevant for meningitis B vaccination.

Meningococcal disease, also known as meningitis, is an uncommon, but serious illness that can cause life-threatening complications, or even death. And while many of our kids received a meningitis vaccine when they were younger, they could miss vaccination for meningitis B.

Adolescents and young adults aged 16-23 are at an increased risk for contracting meningitis because it can spread through certain common behaviors such as living in close quarters like college dormitories, coughing, sneezing, kissing, and sharing drinks.

How could I have missed something so important? And why don’t more people have this information?

After learning about meningitis, I scheduled an appointment with our pediatrician to get her meningitis B vaccination. She wants to go to college and see the world, so it’s important we are having these discussions now, so she is best prepared for her future.

As parents, we want to do everything we can to help protect our children. That’s why I’ve teamed up with GSK as a spokesperson for their Ask2BSure campaign to help educate parents and empower them to start the conversation with their child’s doctor and “Ask2BSure” about meningitis B vaccination.

— Soleil Moon Frye, Ask2BSure advocate

Soleil Moon Frye is a paid spokesperson for GSK.

Photo Credit: Amanda Demme

