

VIRAL MENINGITIS

Information gathered from the CDC at: <http://www.cdc.gov/meningitis/viral.html>

Cause

- Viral Meningitis is a secondary infection with the initial infection being a virus such as
 - Mumps
 - Herpesviris, including Epstein-Barr virus, herpes simplex virus, varicella-zoster virus, measles and influenza
 - Arboviruses which are viruses spread by mosquitos and other insects
 - In rare cases viruses spread by rodents
- Only the initial virus may be contagious not the Viral Meningitis

How is it spread

- Most common is through fecal contamination (changing diaper or using toilet and not properly washing hands)
- Respiratory Secretions – Saliva, sputum, or nasal mucus of an infected person

Risk Factors

- Viral meningitis can affect anyone
- Occurs mostly in children younger than 5 years of age
- People with weakened immune systems

Signs and symptoms

- Sudden onset of symptoms
 - Fever
 - Headache
 - Stiff Neck – Can student put head to chin?
- Other symptoms
 - Nausea
 - Vomiting
 - Sensitivity to light
 - Altered mental status
 - Sleepiness or trouble waking up

Prevention

- Receive/complete recommended childhood vaccine schedule
- Wash hands thoroughly and often
- Clean contaminated surfaces
- Avoid kissing or sharing drinking glasses, eating utensils, lipstick, or other such items with sick people

BACTERIAL MENINGITIS

Information gathered from the CDC at: <http://www.cdc.gov/meningitis/bacterial.html>

Cause

- There are several pathogens (types of germs) that can cause bacterial meningitis. Some of the leading causes of bacterial meningitis in the United States include *Haemophilus influenzae* (most often caused by type b, Hib), *Streptococcus pneumoniae*, group B *Streptococcus*, *Listeria monocytogenes*, and *Neisseria meningitidis*.

How is it spread

- The germs that cause bacterial meningitis can be contagious. Some bacteria can spread through the exchange of respiratory and throat secretions (e.g., kissing). Fortunately, most of the bacteria that cause meningitis are not as contagious as diseases like the common cold or the flu.

Risk Factors

Factors that can **increase** your risk of bacterial meningitis include:

- Age
 - Infants are at higher risk for bacterial meningitis than people in other age groups.
- Community setting
 - Infectious diseases tend to spread more quickly where larger groups of people gather together.
- Certain medical conditions
 - There are certain diseases, medications, and surgical procedures that may weaken the immune system or increase risk of meningitis in other ways.

Signs and symptoms

- Sudden onset of Symptoms usually develop 3-7 days after exposure
 - Fever
 - Headache
 - Stiff Neck – Can student put head to chin?
- Other symptoms can come on gradually or suddenly
 - Nausea
 - Vomiting
 - Sensitivity to light
 - Altered mental status

Treatment/Prevention

- Bacterial Meningitis can be treated effectively with antibiotics
- Receive/complete recommended childhood vaccine schedule
- Antibiotic treatment of close contacts of people with Bacterial Meningitis

FUNGAL MENINGITIS

Information gathered from the CDC at: <http://www.cdc.gov/meningitis/fungal.html>

Fungal meningitis is not contagious, which means it is not transmitted from person to person. Fungal meningitis can develop after a fungus spreads through the bloodstream from somewhere else in the body, as a result of the fungus being introduced directly into the central nervous system, or from an infected body site infection next to the central nervous system.