

What is meningitis?

- Meningitis is an illness of the nervous system.
- It can be caused by a virus or bacteria (germs).
- Diagnosis is made by testing the spinal fluid (spinal tap).



What is viral meningitis?

- It is sometimes called “aseptic meningitis.”
- People with viral meningitis often have no lasting problems.

What are the symptoms?

Illness usually occurs in 3-5 days after exposure.
Illness rarely lasts longer than 10 days.

Some symptoms are:

- Sudden onset of fever
- Headache, stiff neck
- Drowsiness or confusion
- Rash may or may not be present
- Seizures may occur
- May have vomiting or diarrhea

How is viral meningitis spread?

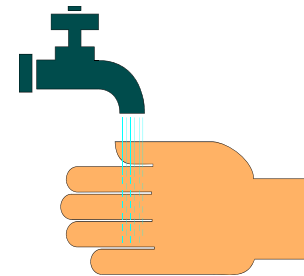
- By not washing your hands after using the toilet or changing diapers
- By not washing your hands before preparing food or eating

What about close contacts?

- **Preventive medicine is not needed for exposure to viral meningitis.**
- **Careful hand washing after using the toilet and before handling food may prevent illness.**

What else?

- **See a doctor** right away to make sure it's not bacterial meningitis.
- Use good **hand washing**.





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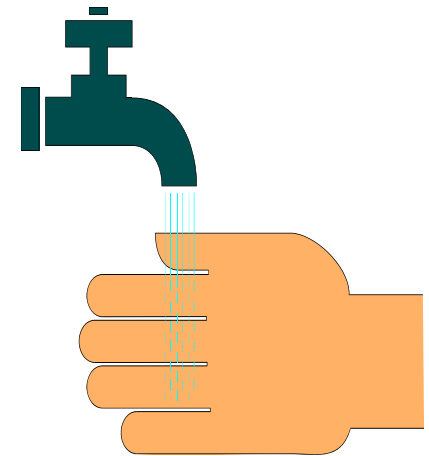
If you have questions, call:



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Prevent Viral Meningitis



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Viral