

## MENINGITIS INFORMATION AND CONTROL MEASURES

### **What is Meningitis?**

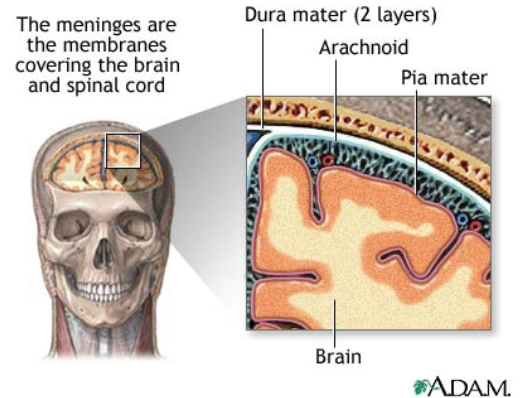
It is an infection of the meninges and fluid of the brain and spinal cord. It can make children very sick, and may in a few cases, cause death.

### **How is Meningitis detected?**

It is found through laboratory tests of spinal fluid obtained with a spinal tap.

Meningitis is recognized by:

- An illness that starts like a cold or flu
- Fever over 100.4 Fahrenheit
- Severe headache
- Stiff Neck
- Bright lights that hurt the eyes
- Not able to eat or drink
- Nausea, vomiting, diarrhea
- Confusion
- Sluggish or listless



### **How is Meningitis spread?**

You cannot catch meningitis simply by being in the same room for a short time with someone that has it. The germ is spread from person to person through direct contact. Including:

- Sharing a toothbrush, eating utensils or drinking glass
- Drooling
- Shaking hands
- Kissing
- Breathing, sneezing or coughing on each other
- The virus may also be found in the stool of the infected person

Viral (Aseptic) Meningitis occurs more in the summer and fall. Bacterial meningitis occurs more in the winter.

### **Case Findings-Administrative Procedures for Meningitis**

- Often the symptoms of viral (aseptic) meningitis and bacterial meningitis are the same. If you suspect meningitis, referral for medical attention is suggested.
- Follow the JLC-3 Communicable Disease Reporting Policy.

## Control Measures

Meningitis	Bacterial	Viral (Aseptic)
<b>Bacteria</b>	Most common: <ul style="list-style-type: none"> <li>➤ Multiple subgroups of Neisseria meningitides</li> <li>➤ Streptococcus pneumoniae</li> </ul>	<ul style="list-style-type: none"> <li>➤ Enteroviruses such as coxsackieviruses and echoviruses.</li> <li>➤ Herpesviruses and the mumps virus</li> </ul>
<b>Symptom</b>	See above	See above
<b>Treatment</b>	7 days of antimicrobial therapy	Resolves without specific treatment
<b>Control Measure</b>	<ul style="list-style-type: none"> <li>➤ Return to school after at least 24 hours of antibiotic treatment, including antibiotics to eliminate carrier state.</li> <li>➤ When the child is well enough to return to school and participate in school activities.</li> <li>➤ MD note releasing student back to school.</li> <li>➤ Good personal hygiene</li> <li>➤ Good handwashing</li> <li>➤ Cleaning contaminated surfaces and soiled articles.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Return to school when free of fever for 24 hours and is well enough to participate in school activities.</li> <li>➤ MD note releasing student back to school.</li> <li>➤ The viruses that cause viral meningitis are contagious. Therefore, if you are around someone who has viral meningitis, you have a moderate chance of becoming infected, <b>but a very small chance of developing meningitis.</b></li> </ul>
<b>Contacts</b>	Treatment determined by health department	None
<b>Vaccine</b>	Yes	No

### REFERENCES

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2. (2008). *Childhood Infectious Diseases*. Retrieved January 7, 2009, from Children's Healthcare of Atlanta Building Bridges Web site: <http://www.choa.org/buildingbridges>
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4. (May 28, 2008). *Meningococcal Disease*. Retrieved January 7, 2009, from Department of Health and Human Services, Center for Disease Control and Prevention, Safer-Healthier-People Web site: <http://www.cdc.gov/print.do?url=http://www.cdc.gov/meningitis/bacterial/faqs.htm>
5. (May 28, 2008). *Meningitis-Viral FAQs/CDC Meningitis*. Retrieved January 7, 2009, from Department of Health and Human Services, Centers for Disease Control and Prevention, Safer-Healthier-People Web site: <http://www.cdc.gov/meningitis/viral/viral-faqs.htm>