



What is viral meningitis?

- An illness with swelling of the tissue surrounding the brain and spinal cord caused by one of several types of viruses. It is the most common type of meningitis.

What are symptoms that could occur?

- Sudden onset of fever
- Severe headache
- Stiff neck
- Bright lights hurting the eyes
- Drowsiness or confusion
- Nausea/vomiting
- Rash
- Intestinal problems
- Breathing problems

How is it spread?

- By direct contact with respiratory secretions (saliva, sputum, or nasal mucus) or stool of an infected person
- Symptoms usually develop between 3 – 7 days from the time of exposure and last about 10 days

How is it diagnosed and treated?

- Primary care provider and laboratory testing of spinal fluid
- Treatment is aimed at relief of symptoms
- Since symptoms are similar to bacterial meningitis, which is more severe and can be fatal, it is important for people suspected of having meningitis to seek medical care to rule out bacterial

Should the sick individual be isolated?

- No

When can the individual return to the general population?

- When recommended by primary care provider and individual feels well

How can Viral Meningitis be prevented?

- Wash hands thoroughly with soap and warm water
- Cover your mouth and nose with a tissue when you sneeze or cough
- Wash hard surfaces and toys with soap and warm water, or disinfect
- Refrain from kissing or sharing personal items, such as eating utensils, cups, and towels
- Immunize children against Varicella (chickenpox), Measles, and Mumps, and get a flu shot every year

Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017