

# Bacterial Meningitis



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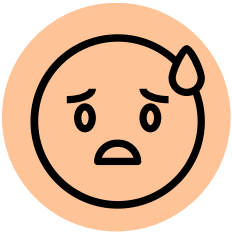
## Bacterial meningitis:

Meningitis is an infection of the membranes that protect the brain and spinal cord. Meningitis is most often caused by a virus (viral meningitis), but can also be caused by bacteria (bacterial meningitis). Bacterial meningitis is rare, but is usually serious. It can be life-threatening, if not treated right away.

## How it spreads:

Common examples of how people spread these germs include: during childbirth, coughing or sneezing while in close contact with others, sharing saliva, or eating contaminated food.

## Signs and symptoms:



Fever



Headache



Stiff Neck



Nausea/Vomiting



Sensitivity to Light

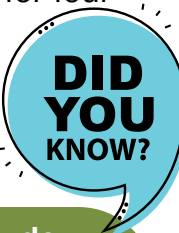
## Complications:

Bacterial meningitis can cause death. However, most people get better. Those who do recover can have lifelong disabilities, such as brain damage, hearing loss, learning disabilities, and even loss of limb(s).

## Prevention:

Vaccines are the best way to prevent certain types of bacterial meningitis. There are vaccines for four types of bacteria that can cause meningitis:

- Meningococcal vaccines
- Haemophilus influenzae serotype b vaccine
- Pneumococcal vaccines
- Bacille Calmette-Guérin vaccine



Bacterial meningitis spreads fast in group settings with lots of people. These can include schools, daycares, as well as college and military dormitories. This is why vaccination is so important to prevent getting infected!



**CONNECT WITH A COUNTY OF SAN DIEGO  
PUBLIC HEALTH NURSE FOR MORE INFORMATION**

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