

VIRAL MENINGITIS

WHAT IS VIRAL MENINGITIS?

Viral meningitis is a common disease caused by a virus that infects the layers around the brain and spinal cord. This form of meningitis does not usually cause death.

WHAT SHOULD I KNOW?

- The most common viruses that cause viral meningitis are called intestinal (entero) viruses.
- These viruses live in the intestines and spread through contact with an infected person's stool (poop), nose/throat drops, or saliva.

HOW DO I KNOW IF I HAVE IT?



Fever



Stiff Neck



Nausea



Diarrhea

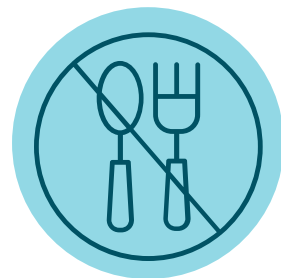
HOW CAN I PREVENT IT?



Wash your hands often



Avoid contact with a sick person



Do not share drinks or eating utensils

TREATMENT TIPS:

There is no specific treatment for viral meningitis and most people recover within 7 to 10 days.

WHEN TO CALL A DOCTOR?

Anyone with symptoms of viral meningitis should see a doctor right away because any type of meningitis can be serious. Only a doctor can tell if someone has meningitis, what is causing it, and the best treatment.