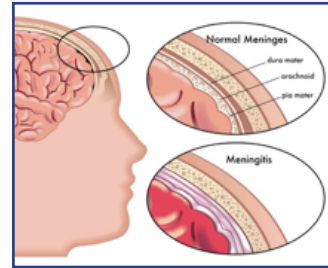


## Should you be concerned about meningitis?

*Yes, be knowledgeable.*

### 1. Start with the facts!

- There are two major types of meningitis, viral and bacterial. Only one is a medical emergency – bacterial (most common being Meningitis B).
- It is spread from person-to-person (coughing, kissing, and living in close quarters like residence halls).
- Among young adults, those aged 16 through 23 have the highest rates of infection.
- Even with treatment, it is fatal for 1 out of 10 people.



Source: lookfordiagnosis.com

### 2. What are the signs and symptoms?

- Early detection is very important.
- Look out for: stiff neck, severe headache, high fevers, nausea, vomiting, confusion, and sensitivity to light.

### 3. Know when to seek treatment.

Persistently high fevers (>100.4), intractable nausea and vomiting, and any type of altered mental status or confusion should prompt you to seek medical treatment immediately.

### 4. What medical treatment can be expected?

- Viral meningitis does not require treatment other than supportive care, which includes rest, hydration, and other over the counter medications for fever and headache.
- Bacterial meningitis requires antibiotic treatment. Be aware that those in close contact with infected individuals may need antibiotics as well!

### 5. This can be prevented!!!

- **Get vaccinated!** Studies show that receiving meningococcal (two meningitis B vaccines are available), pneumococcus, and haemophilus influenza type B vaccines all protect you from bacterial meningitis. **TALK TO YOUR DOCTOR TODAY to learn more about meningitis and getting vaccinated.**
- **Most importantly, wash your hands!** Hand washing is the number one way to prevent meningitis and the spread of many other contagious diseases! **Practice good hygiene.**

**For more information, please visit:**

**Meningococcal Disease (CDC)**  
[cdc.gov/meningococcal/index.html](http://cdc.gov/meningococcal/index.html)

**Vaccines and Preventable Diseases (CDC)**  
[cdc.gov/vaccines/vpd/mening/public/index.html](http://cdc.gov/vaccines/vpd/mening/public/index.html)

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