

Fast Facts

Meningitis

- Inflammation of the fluid/membranes (meninges) that surround your brain and spinal cord
- Many things can cause this to occur, such as viruses, bacteria, parasites, or fungus (last two rarely happen)
 - In the United States, the most common type is viral, followed by bacterial
 - Bacterial is usually more severe and can be fatal without prompt treatment
- Bacteria can enter the bloodstream and travel to the brain and spinal cord, or they can directly invade the meninges through an ear or sinus infection, a skull fracture, or some surgeries
- Several types of bacteria can cause the condition, like *Streptococcus pneumoniae*, *Neisseria meningitidis*, *Haemophilus influenzae*, and *Listeria monocytogenes*
 - Viral meningitis is usually milder and often clears on its own
- Most viral cases are caused by a group of viruses known as enteroviruses, but other viruses, like herpes simplex, HIV, mumps, and West Nile, can cause the condition

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Over Age of 2:</i></p> <ul style="list-style-type: none"> -Sudden high fever -Stiff neck -Severe headache that seems different from normal -Headache with nausea or vomiting -Confusion or difficulty concentrating -Seizures -Sleepiness or difficulty waking -Sensitivity to light -No appetite or thirst -Skin rash (sometimes) <p><i>Newborns:</i></p> <ul style="list-style-type: none"> -High fever -Constant crying -Excessive sleepiness or irritability -Difficulty waking from sleep -Inactivity or sluggishness -Not waking to eat -Poor feeding -Vomiting -Bulge in the soft spot on top of a baby's head (fontanel) 	<p>-Depends on the type</p> <p><i>Bacterial:</i></p> <ul style="list-style-type: none"> -Intravenous (IV) antibiotics -Corticosteroids <p><i>Viral:</i></p> <ul style="list-style-type: none"> -Bed rest -Drinking plenty of fluids -Over-the-counter medications to reduce fever and relieve body aches -Corticosteroids (sometimes) -Anticonvulsants (sometimes) <p><i>Fungal:</i></p> <ul style="list-style-type: none"> -Antifungals <p><i>Chronic:</i></p> <ul style="list-style-type: none"> -Based on the underlying cause <p><i>Noninfectious:</i></p> <ul style="list-style-type: none"> -Corticosteroids 	<ul style="list-style-type: none"> -Wash hands carefully and thoroughly, especially before eating and after using the toilet, spending time in a crowded public place, or petting animals -Practice good hygiene by not sharing drinks, foods, straws, eating utensils, lip balms, or toothbrushes -Teach children and teens to avoid sharing items and how to wash hands properly -Keep your immune system healthy by getting enough rest, exercising regularly, and eating a healthy diet -Cover your mouth when you need to cough or sneeze -If you're pregnant, cook meat, including hot dogs and deli meat, to 165° F

<ul style="list-style-type: none">-Stiffness in the body and neck-Difficult to comfort or may cry harder when held		<ul style="list-style-type: none">and avoid cheeses made from unpasteurized milk-Get vaccines to prevent bacterial meningitis
---	--	--

©2022 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.

Copyrighted Material DemystifyingYourHealth.com