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.

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.

   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

Vaccines and Preventable Diseases (CDC)
cdc.gov/vaccines/vpd/mening/public/index.html

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