

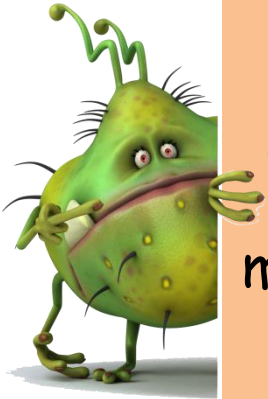


What is Meningitis?

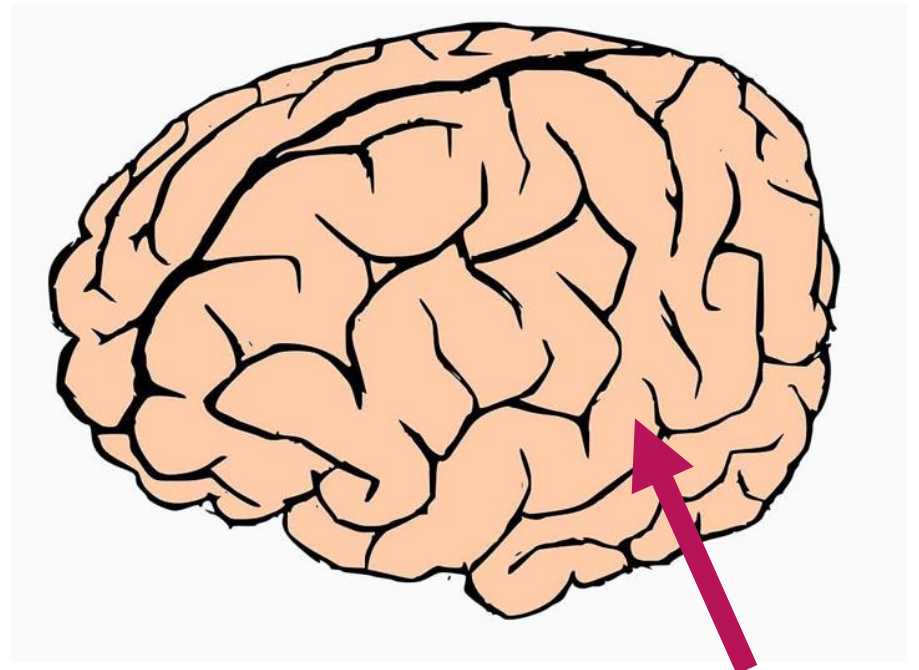
By Mary Williams



What is Meningitis?



Meningitis is an infectious disease that causes an inflammation of the membranes that surround your brain and spinal cord.



Your Brain

What are some symptoms?

Symptoms:

- Vomiting
- Fever
- Headache
- Muscle pain
- Sensitive to light

Look out
for these
symptoms!



If Baby Gets Meningitis - See Doctor!!

If you think your baby might have meningitis, see your doctor right away!!

- High fever
- Constant crying
- Excessive sleepiness or irritability
- Inactivity or sluggishness
- Poor feeding
- A bulge in the soft spot on top of a baby's head (fontanel)
- Stiffness in a baby's body and neck



Meningitis can be Deadly!

You should see a doctor if you have the following symptoms:

- High fever
- Severe headache
- Faint/confusion
- Vomiting
- Stiff Neck

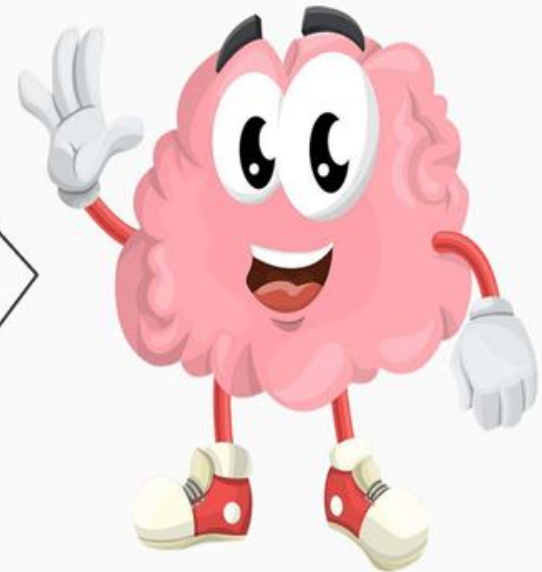


Different types of meningitis

There are several types of meningitis:

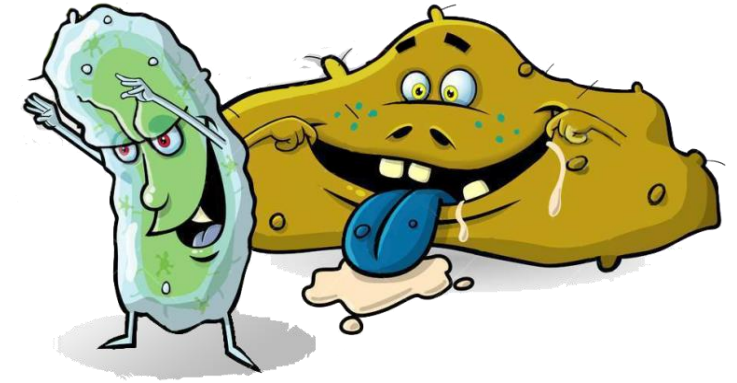
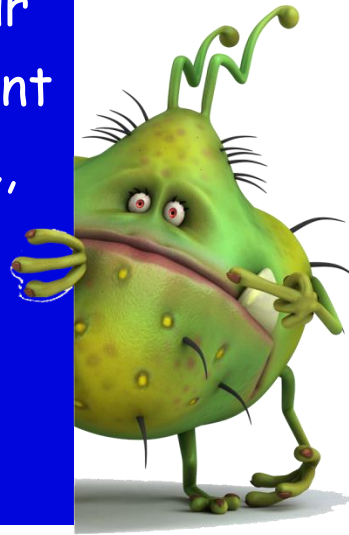
- Bacterial meningitis
- Viral meningitis
- Chronic meningitis
- Fungal meningitis

The two most common types are bacterial and viral!



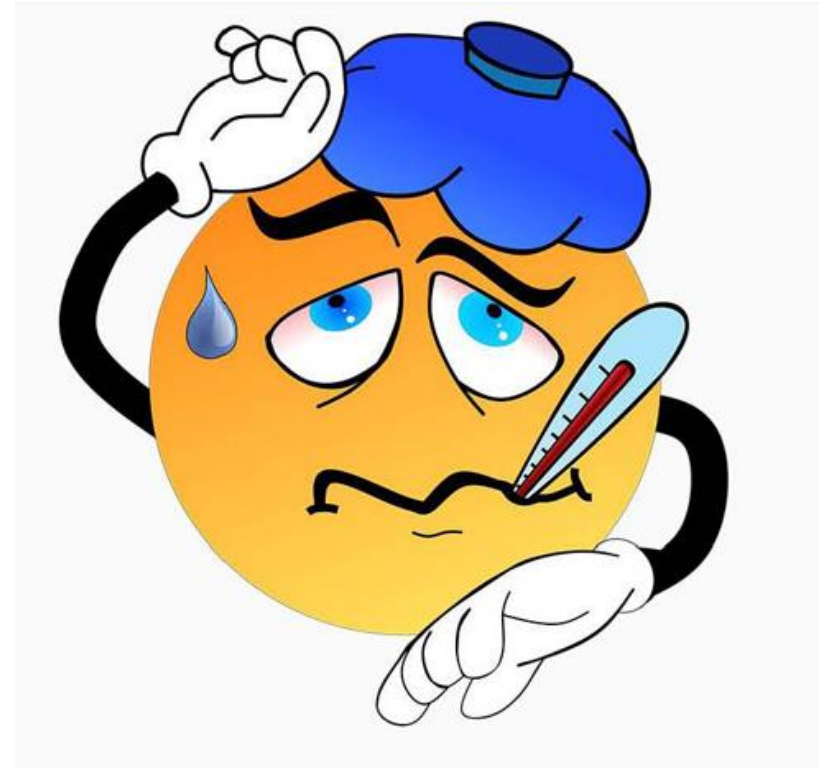
Warning! Bacterial Meningitis is Deadly!

Bacterial meningitis is very serious and can be deadly. Death can occur in as little as a few hours. Permanent disabilities (such as brain damage, hearing loss, and learning disabilities) can result from the infection.



Viral Meningitis

Viral meningitis is the most common type of meningitis. Viral meningitis is not as serious as bacterial meningitis but can only be diagnosed by your doctor.



Be Smart! Vaccinate!

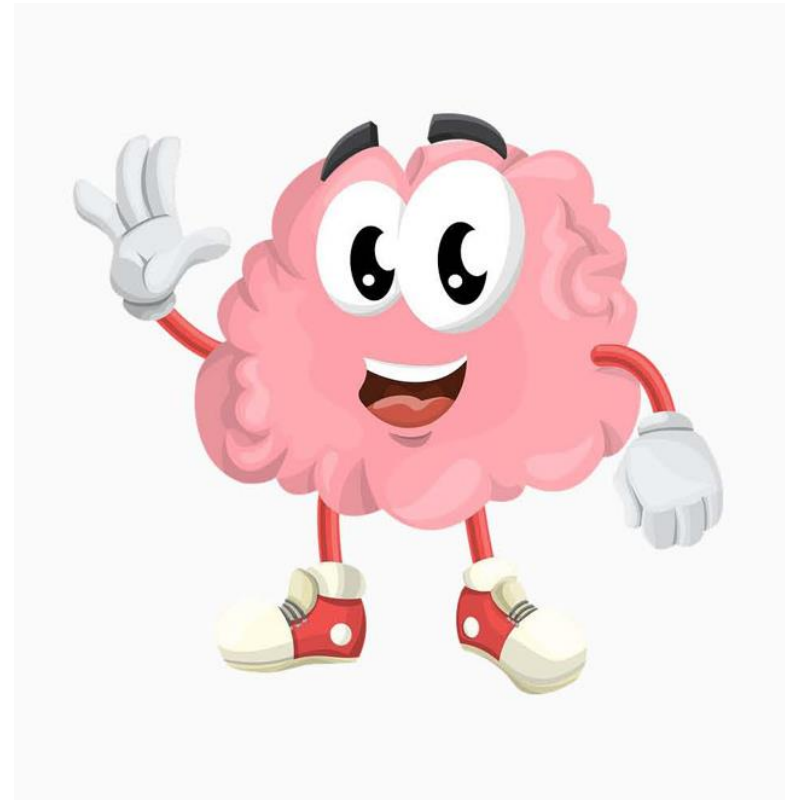
It is important to be vaccinated to prevent meningitis, especially if you are at risk of getting the disease.



Youth are more likely to get Meningitis

Meningitis is more common among people that are under 20 years of age.

If you know of someone that has been diagnosed with meningitis, avoid contact and practice good hygiene to prevent getting the disease.



Living with Large Groups

Living with a large number of people increases your risk of getting meningitis.

Bacteria spreads quickly among family members.



Pregnant Women are at Risk

You are at an increased risk of contracting meningitis when you are pregnant. Talk to your doctor if you think someone you know has meningitis.



Weakened Immune Systems

If you have HIV/AIDs, are diabetic, or have any type of a weakened immune system, it is important to be vaccinated as your system will not be able to fight off this infectious disease.



Prevention: Wash Hands Regularly

Remember to wash your hands often with soap and water to prevent the spread of disease.



Don't Share Beverages



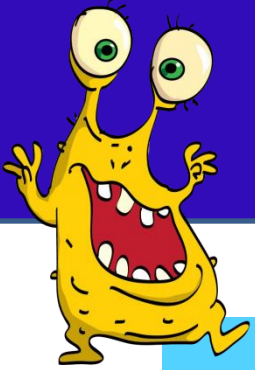
DO NOT SHARE your
drink or eating utensils
with other people to
prevent the spread of
disease.



Prevent Disease w/Healthy Lifestyle

A good way to prevent getting meningitis is by taking care of your body, eating a healthy diet, exercising regularly and getting plenty of rest.





Keep your germs to yourself!

Meningitis loves to infect others. It travels through the air when you cough or sneeze and infects someone else. Protect others when you cover your mouth when you cough or sneeze.



Vaccinate and Stay Safe!

Vaccination is the best way to prevent contracting this highly infectious disease.
Be safe! Vaccinate!



Myths & Misconceptions

| <u>Myth</u> | <u>Fact</u> |
|---|---|
| Meningitis is only dangerous in kids | While it is more common in infants, anyone can get meningitis |
| Meningitis vaccines cause meningitis | It is impossible to get meningitis from the vaccine |
| A rash is always present with meningitis | A rash is NOT always present |
| Meningitis is easy to diagnose | Meningitis can be hard to recognize |
| Meningitis is spread through casual contact with an infected person | Meningitis is spread through air droplets and direct contact |

Sources

Mayo Clinic Staff. (2019, January 08). Meningitis. Retrieved April 16, 2019, from <https://www.mayoclinic.org/diseases-conditions/meningitis/symptoms-causes/syc-20350508>

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