



September 23, 2015

Dear Parents,

As you may have heard in the media recently, there have been concerns about viral meningitis. Viral meningitis is inflammation of the lining of the spinal cord and brain and is the most common but least severe form of meningitis. Viral meningitis should not be confused with bacterial meningitis. People generally recover from viral meningitis without receiving any treatment.

The symptoms of viral meningitis may include fever, headache, stiff neck, nausea, vomiting and fatigue. Viruses that cause meningitis are spread via fecal-oral route or by contact with respiratory secretions (from the mouth or nose). **Casual school contacts of a case are generally NOT at risk for developing the disease.** The time interval between exposure to the virus and the development of symptoms can range between 3-7 days. Most persons exposed to the virus do not develop illness.

The Centers for Disease Control and Prevention recommends the following practices to help prevent the spread of germs that can lead to illnesses:

- Keep hands clean. Washing with warm water and soap is best, but hand sanitizer is a good alternative when soap and water aren't available.
- Avoid touching your eyes, nose, and mouth.
- Cover a cough or sneeze, preferably with your sleeve.
- Properly dispose of tissues and paper towels.
- Make sure the child's immunizations are up to date.
- Avoid sharing personal belongings such as utensils (including water bottles), pencils/pens, and clothing.
- Stay home when sick.
- Seek medical attention if symptoms worsen or continue.

For additional information please go to [www.cdc.gov](http://www.cdc.gov) and enter viral meningitis.

If you have any additional questions regarding this matter, please contact your physician or the Brown County Health Department at 448-4800.

