

Meningitis

Know the facts.

What is Meningitis?

Meningitis can be either a bacterial or viral infection that causes inflammation of the membranes surrounding the brain and spinal cord, or the meninges. It can be caused when the bacteria or virus travels to the brain and surrounding tissues.

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Symptoms

- Sudden fever
 - Severe headache
 - Stiff neck
 - Rashes
 - Vomiting
 - Lethargy
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Prevention

Making sure to practice good hygiene such as washing hands with soap and water regularly can reduce the risk of getting meningitis. Avoid sharing food and drinks with anybody who may have an infection. Vaccines can prevent infections that can cause meningitis.

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Contact your Medical Provider if:

- you are unsure if or when you had your meningitis vaccine or
- you suspect you may have meningitis.