

# VIRAL MENINGITIS PARENT FACT SHEET

## PARENT/GUARDIAN

Your child may have been exposed to: VIRAL MENINGITIS

Viral meningitis affects the thin lining covering the brain and spinal cord. It is usually caused by enteroviruses.

- Tell your childcare provider or call the school.

## Need to stay home?

Yes, consult with Health District. May return when fever, vomiting, and/or diarrhea has resolved for 24 hours and the child is well enough to participate in routine activities.

## Symptoms

- Your child may be unusually tired and suddenly have a fever, headache, stiff neck and/or rash. Other symptoms may be sore throat, diarrhea, and vomiting.
- It is hard to tell if babies have viral meningitis. Babies with the virus may have a fever. They may also be fussy, refuse to eat, or be difficult to wake.
- If your child is infected, it may take from 2 to 21 days for symptoms to start. It usually takes 7 days.

## Spread

- By sneezing or coughing.
- By touching contaminated objects, surfaces, or hands. Stool from infected people can also carry the germs.

**Contagious Period** Probably as long as the wart is present. For 3 days before until 10 days after symptoms start. Viruses may be shed in the stool for several weeks.

**Call your Healthcare Provider** Your provider will decide if treatment is needed. If anyone in your home has symptoms. Your doctor may want to test for the virus.

## Prevention

- Cover nose and mouth when sneezing or coughing. Use a tissue or your sleeve. Dispose of used tissues
- Wash hands after touching anything that could be contaminated with the secretions from the mouth or nose or with stool. Your child may need help with hand washing.
- DO NOT share drink containers and cups or silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect anything that comes in contact with secretions from the nose or mouth or with stool. This includes toilets (potty chairs), sinks, and diaper changing areas. Use a product that kills germs.

**For more information, please contact your local health department.**

[Southern Nevada Health District](#) (Clark County) 775-759-1300 (24 hours)

[Northern Nevada Public Health](#) (Washoe County) 775-328-2447 (24 hours)

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-887-2190 (24 hours)

[Division of Public and Behavioral Health](#) (All other Counties) 775-400-0333 (24 hours)

Email: [dpbhepi@health.nv.gov](mailto:dpbhepi@health.nv.gov)