

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.

[Carson City Health & Human Services](#) (Carson City, Douglas, Lyon Counties) 775-434-1690 & 775-887-2190 (after hours)

[Central Nevada Health District](#) (Churchill, Mineral, Eureka, Pershing Counties) 775-866-7535

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

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

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

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