

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.

If you think your child has Viral Meningitis:

- Tell your childcare provider or call the school.
- **Need to stay home?**

Childcare:

Yes, until fever and/or diarrhea is gone and your child is healthy enough for routine activities.

School:

No, if the child is healthy 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 hands, surfaces or objects. Stool from infected people can also carry the germs.

Contagious Period

For 3 days before until 10 days after symptoms start. Virus may be in the stool for several weeks.

Call your Healthcare Provider

- ◆ 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 handwashing.
- 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, toys, and diaper changing areas. Use a product that kills germs.

FOR MORE INFORMATION

Kentucky Department for Public Health Frankfort, KY
 Kentucky Regional Poison Center Louisville, KY
 Lake Cumberland District Health Department Somerset, KY
 The Centers for Disease Control and Prevention (CDC) Atlanta, GA

<http://chfs.ky.gov/dph/>
 EMERGENCY: 1-800-222-1222
www.lcdhd.org (606) 678-4761
 Toll free: 1-800-311-3435 www.cdc.gov