

Meningococcal Disease (Bacterial Meningitis)

What is meningococcal meningitis?

Meningococcal meningitis is a severe invasive bacterial infection. Meningitis is an infection of the lining of the brain and spinal cord. The bacteria can also infect the blood

Bacteria that can cause meningitis include: *Neisseria meningitidis*, *Haemophilus influenzae type B*, and *Streptococcus pneumoniae*

Meningococcal disease is a reportable disease in Kansas

Signs and Symptoms

Symptoms can appear from 1-10 days after exposure, usually appearing in 2-3 days and include:

- High fever
- Severe headache
- Stiff neck and back
- Rash
- Extreme tiredness
- Nausea and vomiting
- Confusion
- Bulging soft spots on an infant's head
- Progression to unresponsiveness and coma if untreated

A person is infectious from the time they are infected to 24 hours after starting treatment

If you have symptoms, call your healthcare provider

Transmission (How it spreads)

Person-to-person by direct contact of respiratory secretions (coughing/sneezing, kissing, etc.)

Diagnosis and Treatment

Blood and spinal fluid testing

Antibiotics; it is important that treatment is started early to reduce the risk of serious complications

Prevention:

- Vaccination!
- Good hand hygiene
- Cover cough and sneezes
- Do not share eating utensils, drink containers, lipsticks or tobacco products
- If ill, do not go to work/send child to school/daycare
- Avoid sexual practices that might result in oral exposure to stool
- Be vaccinated against vaccine-preventable diseases, and follow childhood immunization recommendations

Who is at Risk?

Everyone; higher risk groups include: infants, college students or those living in a close-confined community setting, immunocompromised peoples, international travelers to certain parts of the world.

If you have symptoms, call your healthcare provider

Report cases to the Riley County Health Department by calling the Disease Investigation Line: 785-317-0474

Bacterial meningitis is a reportable disease in the state of Kansas. All cases must be reported to KDHE via the Epi Hotline: 877-427-7317