

**Your child may have been exposed to:**

# Viral Meningitis

## Quick Help

### If you think your child has Viral Meningitis

Tell your childcare provider or call the school.

### Need to stay home?

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

### Prevention

- Cover nose and mouth when coughing or sneezing. Use a tissue or sleeve. Dispose of used tissues.
- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth or with stool. Your child may need help with handwashing.
- Never share drink containers and cups of silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect any objects that come in contact with the nose or mouth or with stool (especially mouthed toys) . Use a product that kills germs.

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

### 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 coughing or sneezing.
- 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.

For more information, please visit or call:  
Oldham County Health Department  
1786 Commerce Parkway, LaGrange KY 40031  
502-222-3516 ext. 136  
[www.oldhamcountyhealthdepartment.org](http://www.oldhamcountyhealthdepartment.org)

