



# BACTERIAL MENINGITIS

Meningitis is an inflammation of the protective membranes covering the brain and spinal cord.

**Bacterial meningitis can be fatal, and death can occur in as little as a few hours.** Most people recover, but can have permanent disabilities such as brain damage, hearing loss, and learning disabilities.

## How is Meningitis caused and spread?

Meningitis can be caused by more than one type of bacteria, and they have different modes of transmission. Some people can be "carriers," and spread germs without being sick.

College students are specifically at risk for transmission by:

- coughing and sneezing respiratory droplets
- living in close proximity (such as dorms)
- sharing saliva through kissing, shared utensils or cups
- eating food without washing hands first

## How to prevent getting or spreading Meningitis:

- Stay up to date on vaccines
- Practice a healthy lifestyle (hand and body hygiene, do not smoke, get lots of rest, avoid people who are sick)

## When to seek further care:

- If you think you may have bacterial meningitis, seek medical attention as soon as possible.
- You may call UHS to speak with a triage nurse, but if symptoms are worsening quickly, call 911 or go straight to a hospital Emergency Department.



## Symptoms of Meningitis:

- fever
- headache
- stiff neck; unable to touch chin to chest
- nausea
- vomiting
- photophobia; aversion to light
- altered mental status; confusion
- dizziness

## Did you know:

The Meningitis ACWY vaccine is required for all undergraduate students at Notre Dame, due to increased risk of spread by living in dorms.

Check out the latest updates and more details from **the CDC:**



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