



MENINGITIS

WHAT IS MEINGITIS ?

It is the inflammation of the protective membranes on the brain and spinal cord. Swelling is caused by the bacterial or viral infection of the fluid surrounding the brain or spinal cord.

Bacteria and viruses such as meningococcal bacteria, pneumococcal bacteria, Haemophilus influenzae type b bacteria, enteroviruses, mumps, and herpes simplex viruses can cause meningitis.

SYMPTOMS

High body temperature, Vomiting, Muscle and Joint pain, Confusion, Headache, Spots or rash, Seizures, and Stiff neck.

TREATMENT

A physical examination, blood test, lumbar puncture, and CT scans are possible tests to diagnose meningitis. Antibiotics, fluid given through veins, oxygen masks for breathing, and steroid medications are the common treatments. People with meningitis need to stay in hospital for a few days. In some cases, they need to stay for multiple weeks. Even after going home, it takes some time to feel normal.

Intravenous antibiotics and corticosteroids must be given immediately for acute bacterial meningitis. This will aid to reduce brain swelling and seizures. However, antibiotics cannot be used to treat viral meningitis. For mild viral meningitis, it is recommended to take bed rest, drink lots of fluids, and take over the counter painkillers to reduce body aches.

VACCINATIONS

Meningitis B vaccine provides protection against meningococcal group B bacteria. The 6-in-one vaccine provides protection against diphtheria, tetanus, whooping cough, hepatitis B, polio, and Haemophilus influenzae type b. Hib is a bacteria that can cause meningitis. Pneumococcal vaccine protects against infections started by pneumococcal bacteria. This includes meningitis. Meningitis C vaccine provides protection against meningococcal group C bacteria. MMR Vaccine protects individuals against measles, mumps, and rubella. Meningitis ACWY vaccine provides protection against 4 different meningitis bacteria such as A, C, W and Y.