

Meningitis



Cause



- caused by a bacteria or virus
- causes inflammation of the membranes that cover the brain and spinal cord. It is important to know which type of meningitis you have, or are exposed to, so follow-up is appropriate

(Bacterial Meningitis)

- usually caused by *Streptococcus pneumoniae* or *Neisseria meningitidis*
- transmitted from person to person through respiratory droplets or secretions from the throat of an infected person.
- up to 20% of people carry *Neisseria meningitidis* without causing disease.

****Note: Staff should consider themselves exposed to Bacterial Meningitis only if they have had direct contact with respiratory secretions of the infected person on their oral/mucous membranes (e.g. mouth-to-mouth resuscitation, open suctioning and/or endotracheal intubation without mask and eye protection, and close examination of the oropharynx). If you have not had this level of contact with an infected person, you do not require prophylaxis.**

Cause con't...



(Viral Meningitis)

- most common and least serious form of meningitis

Symptoms



(Bacterial Meningitis)

- high fever
- headache
- stiff neck
- may develop within hours, or over a couple of days
- other symptoms may include nausea, vomiting, discomfort when looking at light, confusion, drowsiness, and possibly seizures
- a person with bacterial meningitis is contagious up to 7 days before symptoms appear until 24 hours after appropriate antibiotics are started

(Viral Meningitis)

- similar to bacterial meningitis

Treatment



(Bacterial Meningitis)

- antibiotics specific to the causative organism
- Public Health recommendations are as follows:



Bacterial Meningitis

Public Health Recommendations for Chemoprophylaxis

(from NS Communicable Disease Control Manual)

These should be administered as soon as possible after confirmation of diagnosis/exposure, but can be taken up to 10 days after exposure.

Drug	Dosage	Comments
Ciprofloxacin	Adults >18 years of age: 500 mg x 1 dose PO	Contraindicated during pregnancy & lactation. Only approved for persons >18 years of age. Not recommended for prepubertal children.
Rifampin	Adults: 600 mg PO q12h x 4 doses Children >1 month of age: 10 mg/kg (maximum 600 mg) per dose PO q12h x 4 doses Infants <1 month of age: 5 mg/kg per dose PO q12h X 4 doses	Contraindicated in pregnancy. Urine and tears may be stained red. Advise against wear of soft contact lenses as they can also be stained. Can reduce effectiveness of oral contraceptives; advise use of alternative contraceptive measures.
Ceftriaxone	Adults: 250 mg IM x 1 dose Children <12 years: 125 mg IM x 1 dose	Recommended drug for pregnant women. Alternative for persons who cannot tolerate oral medication. Dilute in 1% lidocaine to reduce pain at injection site.

Treatment con't...



(Viral Meningitis)

- no specific treatment: bed rest, fluids, and medicine to relieve symptoms are often recommended

Work Restrictions



(Bacterial Meningitis)

- **If diagnosed with Bacterial Meningitis**, staff must remain out of the workplace until completion of 24 hours of effective antibiotic therapy. **Contact Occupational Health.**
- **If exposed to Bacterial Meningitis**** (including family members), there are no work restrictions or modification of work practices. **Contact Occupational Health.**

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Work Restrictions con't...



(Viral Meningitis)

- **If exposed to Viral Meningitis** (including family members) there are no work restrictions or modification of work practices & no chemoprophylaxis is required

Prevention



(Bacterial Meningitis)

- always wear surgical/procedure mask within two meters of infected person
- always wear proper PPE, including gloves, mask and eye/face protection, when contamination with respiratory droplets is possible
- consistent use of routine practices & adherence to Infection Control guidelines

(Viral Meningitis)

- good hand hygiene
- ensure to cover your mouth when coughing or sneezing