

Viral Meningitis

FACT SHEET

What is Viral Meningitis?

Viral meningitis is an inflammation of the lining of the brain caused by a virus. It is a relatively common but rarely serious disease.

Who Can Get Viral Meningitis?

Anyone can get viral meningitis. It can be caused by any of the common viruses such as the common cold, or chicken pox, mumps, etc.

What are the Symptoms?

Symptoms may include:

- Headache
- Nausea
- Vomiting
- Fever
- Stiff Neck
- Chills

What is the Treatment?

There is no specific treatment but the symptoms may be treated.

How Can You Prevent Viral Meningitis?

- Practice good hand washing
- Cover your mouth when coughing or sneezing