

DID YOU KNOW?

- Bacterial meningitis in a healthy individual can lead to death within hours.
- Vaccinations are available against meningitis.
- Avoiding close/prolonged contact with infected individuals can help reduce the risk of infection.
- Severe cases of meningitis may cause serious health consequences like hearing loss, blindness, learning disabilities, epilepsy, stiff neck etc.
- Meningitis can be spread through close contact such as coughing, sneezing, sharing utensils and kissing.

CONTACT US

CLEARLINE HMO

290, IKORODU ROAD,

ANTHONY,

LAGOS, NIGERIA.

TEL: 08076490101

08076490111

www.clearlinehmo.net

newsletters@clearlinehmo.net

[net](http://clearlinehmo.net)

MENINGITIS

WHAT YOU SHOULD KNOW

Meningitis is an infection of the delicate membranes (meninges) that cover the brain and the spinal cord. Meningitis can be;

Viral meningitis: less severe and individuals affected usually recover completely.

Fungal meningitis: very rare, usually affecting individuals with weakened immune systems.

Bacterial meningitis: a deadly and highly contagious type of meningitis which requires urgent medical attention.

The recent outbreak of meningitis in the Nigeria can be attributed to the bacterium *Neisseria meningitides type C* ("meningococcus").

SYMPTOMS

Symptoms are not usually easy to recognize as they mimic other illnesses like the flu. However, individuals with meningitis can become seriously ill within a few hours so it is important to know the symptoms.

- Nausea
- Neck stiffness
- High grade fevers
- Headaches
- Cold hand and feet

TREATMENT

Bacterial Meningitis requires immediate hospitalization. Early diagnosis and treatment can help prevent brain damage and death.

Treatment is usually with intravenous antibiotics depending on the strain of bacteria involved in the infection.

