**Viral Meningitis information for Parents**

Please watch your child for the following symptoms. If your child has the symptoms below, please call your child’s healthcare provider for guidance.

**Common Signs and Symptoms:**

Most people with viral meningitis will have mild flu-like symptoms, such as:

* headaches
* fever
* generally not feeling very well

In more severe cases of viral meningitis symptoms may include:

* neck stiffness
* muscle or joint pain
* nausea (feeling sick)
* vomiting (being sick)
* diarrhoea (passing loose, watery stools)
* photophobia (sensitivity to light)

Viral meningitis can either be severe or mild.

The treatment for both severe and mild meningitis is described below.

**Severe viral meningitis**

If the symptoms of viral meningitis are severe enough to require admission to hospital, the condition will be treated in the same way as bacterial meningitis with antibiotics.

Once a diagnosis of viral meningitis has been confirmed, the antibiotics will be withdrawn. However, intravenous fluids will be continued to support the body as it recovers.

In very severe cases, where someone is in hospital with viral meningitis, anti-viral medicines may be given.

**Mild viral meningitis**

Most people with viral meningitis will not require hospital treatment. Viral meningitis is usually mild and can be treated at home with:

* plenty of rest
* painkillers for the headache
* anti-emetics (anti-sickness) medicine for the vomiting

Most people recover within 5 to 14 days.

If you have any questions or would like any further information please feel free to talk to a member of Management at any time.

Thank you for your continued support.

The Management Team