

## MENINGOCOCCAL DISEASE

Meningococcal disease includes a variety of serious infections, including meningitis (infection of the covering of the spinal cord and brain), bacteremia (bacteria in the blood), pneumonia (infection of the lungs), and arthritis (swelling of the joints). Children and young adults are most often affected by this disease. Meningococcal disease is a medical emergency that requires prompt treatment.

**CAUSE:** *Neisseria meningitidis* bacteria

**SYMPTOMS:**

**Bacteremia:** Sudden onset of fever, chills, tiredness, sometimes a rash.

**Meningitis:** Fever, vomiting, headache, stiff neck, extreme sleepiness, confusion, irritability, lack of appetite, sometimes a rash or seizures.

**SPREAD:** Through secretions of the nose and throat (e.g., coughing, sneezing); more common in households, child care settings, or other settings where there is close, prolonged physical contact. People can carry the bacteria in their noses and throats and not have symptoms. They can spread the disease, as well as those who are ill.

**INCUBATION:** It takes 1 to 10 days, usually less than 4 days, from the time a person is exposed to the bacteria until symptoms occur.

**CONTAGIOUS PERIOD:** Until 24 hours after effective treatment begins.

Until child has been treated and is well enough to participate in normal daily activities. Rifampin should be given to the child before discharge from the hospital to assure that the bacteria have been eliminated. If an antibiotic is recommended for contacts after an exposure to meningococcal disease, a child or staff person shall be excluded until preventative treatment has been started.



**Provider:** This disease is reportable to the health department. In Douglas County call 444-7214. Outside Douglas County call your local or state health department.

**Parents/guardians:** inform your child care provider if your child has this illness.

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**Prevention Control**

1. Household, child care facility, and pre-school contacts should receive antibiotic prophylaxis as soon as possible, preferably within 24 hours of diagnosis of a case.
2. If antibiotic prophylaxis is recommended for your child, contact your physician.
3. The Health Department recommends the chemoprophylaxis regimens that are listed in the American Academy of Pediatrics 2000 Red Book.
4. Rifampin is not recommended if you are or may be pregnant. Discuss possible side effects of rifampin with your physician.
5. People who have been exposed should see a physician immediately if a fever develops.
6. Treatment: Meningococcal disease is caused by bacteria and it can be treated with antibiotics. Untreated meningococcal disease is often fatal. See your doctor at the first signs of meningitis, and get treatment immediately to prevent death or lasting damage.
7. A vaccine is available to protect against some strains of meningococcal disease. It is approved for use in children 2 years of age and older.



For more information, you or your physician may call the Douglas County Health Department at 444-7214 or your local health department.

## MONONUCLEOSIS (INFECTIOUS)

Infectious mononucleosis is a very mild illness in infants and young children. Often there are no symptoms at all. This disease is not very contagious in the child care setting.


- CAUSE:** Epstein-Barr virus (EBV)
- SYMPTOMS:** Fever, sore throat, tiredness, and swollen glands (especially behind the neck). Sometimes there is a rash. Young adults may have jaundice (yellowing of the skin or eyes), and an enlarged spleen. Infectious mononucleosis usually lasts from one week to several weeks, and it is rarely fatal.
- SPREAD:** Person-to-person, through saliva. Spread can occur by direct contact, such as kissing, or through items such as toys that are contaminated with saliva.
- INCUBATION:** It takes about 4 to 6 weeks from the time a person is exposed until symptoms develop.
- CONTAGIOUS PERIOD:** From many weeks to a year or more. Some adults are carriers of the virus.



Until the child is well enough to return to normal activities. Because children can have the virus without any symptoms, and people can be contagious for such a long time, excluding children (or staff) who have mononucleosis is not recommended.



1. Wash hands thoroughly with soap and running water for at least 20 seconds after any contact with saliva or items contaminated with saliva. If hand sanitizers are used, they may be used only after thorough handwashing.
2. Clean and sanitize mouthed toys at least daily and when soiled.



**1. Bleach Sanitizer** (Use non-scented)

- 1 teaspoons bleach in 1 gallon water
- 1/4 teaspoon bleach in 1 quart water

Use test strip to check concentration. Do not rinse. Air dry.

**PREPARE FRESH SOLUTION DAILY.**

**OR**

**2. Commercial or food grade sanitizer that is EPA approved**  
**FOLLOW MANUFACTURER'S DIRECTIONS.**

3. **Diagnosis:** See your physician. A blood test is available, but infants and young children with infectious mononucleosis often have negative blood tests.
4. **Treatment:** None.



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