

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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MENINGITIS

Meningitis is an inflammation (infection) of the tissues which cover and protect the brain. It can be caused by many “germs” (bacterial and viral). One type which continues to receive considerable attention in the news media is meningococcal meningitis. It has become the leading cause of bacterial meningitis in older children and young adults in the United States. Meningococcal disease strikes about 3000 people in the U.S. each year. The overall mortality rate is about 10%, and it can result in permanent brain damage, hearing loss, learning disabilities and kidney failure in survivors.

The bacteria are transmitted through the air by droplets of respiratory secretions and by direct contact with infected persons. Oral contact with shared items, such as cigarettes, food, drinking glasses or kissing can put a person at risk. Recent data from the Center for Disease Control (CDC) suggests that students residing in dormitories on campus appear to be at higher risk for these reasons.

Meningococcal disease usually peaks in late winter and early spring. Symptoms include high fever, headaches, stiff neck, confusion, nausea, vomiting lethargy and rashes.

A vaccine is available at the University of Houston Health Center. The vaccine is from 75% to 85% effective against susceptible strains, and lasts from 3 to 5 years.

Please come into the Health center for more specific details.

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

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