

# MAKE A DIFFERENCE IN THE FIGHT AGAINST MENINGITIS

The Meningitis Research Foundation of Canada will strive to raise funds to promote education and research in order to prevent death and disability from meningitis.

## WHAT YOU SHOULD KNOW

### KNOWING SAVES LIVES

Globally, every year more than 1.2 million people are affected by meningitis.



Inflammation of the lining around the brain and spinal cord and spreads through close contact.

Untreated meningitis moves swiftly and can be fatal in a few hours.

**10%**

of patients die

up to

**20%**

or more sustain permanent damage and disability

## TYPES OF MENINGITIS

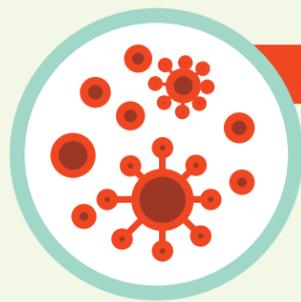
Swift diagnosis and treatment is critical.



bacterial

Bacterial meningitis is the most severe and common form and is the cause of around 170,000 deaths globally every year.

- Can be prevented with vaccines by stimulating the immune system to create protective antibodies against the bacteria.
- Seasonal factors can affect the incidence of bacterial meningitis. In temperate regions, the disease is more prevalent in the winter and early spring.



viral

Viruses account for most cases of meningitis. Many different viruses can cause it, and most people are exposed to these viruses throughout their lifetime, without developing meningitis.

- Cannot be prevented with vaccines.

### DID YOU KNOW?

**You can be very healthy but you may still get Meningitis.** It spreads through close contact, like a cold or flu. Coughing or sneezing, sharing eating utensils, kissing and close physical contact can spread the germs from person to person. Without realizing it, we may carry the germs that cause meningitis. Because it is difficult if not impossible to stop the transmission of germs, especially among children, prevention becomes an important consideration.

## SIGNS AND SYMPTOMS

Meningitis often begins with signs and symptoms similar to those of common viral infections like influenza. They can appear in any order, some **may not** appear at all, and timing can vary from hours to days.

### First 6 hrs

Early symptoms: fever, irritability, headache in children old enough to complain, aches, pains and vomiting

### 6-12 hrs

Mid symptoms: drowsiness, muscle aches, leg pain, pale skin

### after 12 hrs

Later symptoms: cold hands and feet, neck pain or stiff neck, rash, confusion or delirium, decreased responsiveness

## LIFE SAVING PREVENTION



vaccines

peace of mind

## WHAT YOU CAN DO.

Spread awareness



Get vaccinated



Raise funds



**Band together**  
Against meningitis

Visit [www.meningitis.ca](http://www.meningitis.ca) to find out more about meningitis.