

WHAT ARE THE METHODS OF CONTROL?

- Droplet precautions (use of a mask) are used in hospital to prevent spread
- Identify and treat close contacts. Close contacts include:
 - Household members; persons who share sleeping arrangements with the infected person
 - Children and staff in child care and nursery school facilities
 - Persons having direct contact with the secretions of the mouth or nose of the infected person
- Close contacts of the infected person are given an antibiotic. This medication lowers the risk of getting the disease and the risk of spreading it to others
- Any person who has been in close contact with the infected person and who gets sick must be seen by a health professional right away

**HAND HYGIENE
THE BEST
WAY TO PREVENT**

HAND HYGIENE

Special care must be paid to **hand hygiene**, as it is the best way to prevent the spread of germs.

Good hand hygiene includes:

ALCOHOL-BASED HAND RUB

- Apply to palm of one hand
- Rub hands together, covering all of hands and fingers
- Rub until hands feel dry
- If hands are visibly dirty you must wash them before using Alcohol Based Hand Rub

HAND WASHING:

- Use warm running water and soap
- Spend at least 15-30 seconds lathering and washing hands
- Rub hands together, paying attention to fingertips, around rings and thumbs
- Rinse thoroughly
- Dry with paper towel and turn off tap with paper towel
- Dispose of paper towel in the garbage

IT'S OK TO ASK NURSES , DOCTORS AND OTHER HEALTH CARE PROVIDERS IF THEY HAVE CLEANED THEIR HANDS

REMINDE VISITORS TO CLEAN THEIR HANDS

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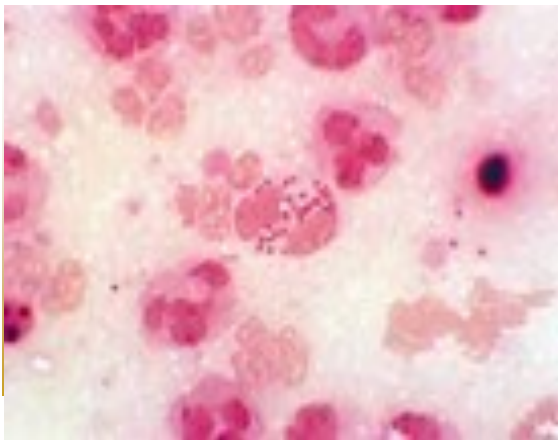
MANAGEMENT OF INVASIVE MENINGOCOCCAL DISEASE

Information for Patients,
Residents, Families & Visitors

INFECTION PREVENTION
& CONTROL PROGRAM

WHAT IS MENINGOCOCCAL DISEASE?

- Meningococcal disease is caused by a germ (a kind of bacteria) called *Neisseria meningitidis*
- It can cause meningitis which is an infection of the lining of the brain. It can also cause bloodstream infections. These are two serious infections that require medical treatment right away
- The **incubation period** (time from contact to illness) can range from 1 to 10 days. It usually is about 4 days
- The **infectious period** (time during which a person can spread it to others) is 7 days before the start of symptoms to 24 hours after the start of treatment
- It is more common in children less than one year and in the 15 - 19 year age group.



WHAT ARE THE SYMPTOMS OF MENINGOCOCCAL DISEASE?

Symptoms usually start suddenly and can include:

- Stiff neck
- Severe headache
- High fever
- Sensitivity to light
- Vomiting
- Irritability and drowsiness
- Purple, bruise-like skin rash

HOW IS IT DIAGNOSED AND TREATED?

- Samples of blood and spinal fluid are taken and sent to the lab for diagnosis.
- Antibiotics are used to treat this illness.



HOW IS IT SPREAD?

- These bacteria can be carried by some people and not cause any problems. However, these people can be the source of infection for the few people who become ill
- It is not easy to get the disease. It is spread through contact with oral or nasal secretions of the nose or mouth. This can occur by kissing, sneezing and coughing on someone, and sharing eating or drinking utensils.

HOW IS IT PREVENTED?

- Good practices such as hand hygiene and routine cleaning
- Cover coughs and sneezes; wash hands after coughing or sneezing
- Do not share food/drinks, lipsticks, cigarettes, water bottles, etc
- Children in NL routinely receive meningococcal vaccine at 12 months and in Grade 4
- Vaccines may be given in some other cases on the advice of the Medical Officer of Health