Dear Faculty, Staff and Students,

The Student Health Center would like to be proactive for our campus by keeping you informed of health developments on other campuses. There has been an outbreak of meningitis on the campus of Princeton University. There have been eight confirmed cases, all of which have recovered.

There are NO reports of meningitis at Bucknell University.

**What is Meningitis?**
Meningitis is an infection that affects the nervous system. It can be caused by bacteria or viruses.

**What are the symptoms of Meningitis?**
Early presenting symptoms include fever, headache, body aches and fatigue. Other symptoms include stiff neck, nausea, vomiting, confusion and sensitivity to light.

**How contagious is Meningitis?**
Many people carry the bacteria in their throats without getting the meningococcal disease. Meningitis bacteria are less infectious than viruses that cause the flu. It cannot survive outside the body for long periods of time. It is contagious for 10 days prior to symptoms developing up to 1 day after starting antibiotics.

**What can I do to protect myself?**
- Cover your mouth when you cough or sneeze.
- Wash hands thoroughly.
- Do not share utensils, bottles, drinks or cigarettes.
- Avoid smoking and excessive alcohol - they weaken the immune system.
- Eat healthy foods.
- Get plenty of rest.
- Get vaccinated. College students are recommended to get the meningitis vaccine before coming on campus.

While the current vaccines for meningitis available in the US do not protect against serotype B, they do protect against the majority of the bacteria that cause the infection.

Dr. Catherine O’Neill, Assistant Medical Director