



Notre Dame
Catholic College
Established 1869

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Dear Parent/Carer,

Whilst not wishing to alarm you, I felt I had a duty of care to inform you that a student in our school has been diagnosed with a suspected case of viral meningitis.

Common symptoms of viral meningitis are fever, severe headache, stiff neck, sensitivity to bright lights, drowsiness or confusion, and nausea and vomiting. In babies, the symptoms are difficult to identify, but may include fever, fretfulness or irritability, difficulty in awakening, and unwillingness to eat. These symptoms usually last seven to ten days.

It is important to seek medical attention immediately if you or your child has any of the previously mentioned symptoms. Viral meningitis can be a serious illness.

There is no specific treatment for viral meningitis. Bed rest, plenty of fluids, and fever reducers such as acetaminophen are often recommended. Aspirin should not be given to children due to the risk of Reye's syndrome.

The viruses that cause viral meningitis are contagious. Many different viruses can cause meningitis. About 90% of cases of viral meningitis are caused by members of a group of viruses known as enteroviruses, such as coxsackieviruses and echoviruses. Enteroviruses, for example, are very common during the summer and early fall, and many people are exposed to them. However, most infected persons either have no symptoms or develop only a cold or rash with low-grade fever. Only a small proportion of infected persons actually develop meningitis. Therefore, if you are around someone who has viral meningitis, you have a moderate chance of becoming infected, but a very small chance of developing meningitis.

Proper hand washing and thorough cleaning of surfaces are the best ways to prevent the spread of viral meningitis.

Yours sincerely

Mrs C Peaker
Acting Deputy Headteacher (Safeguarding Officer)