



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION
Sept. 6, 2007

Contact: Tom Christensen (619) 515-6535

HHSA OFFICIALS REPORT THAT MENINGITIS CASE IS ISOLATED *Single Individual in Julian Has Viral Meningitis; No Outbreak Reported*

The San Diego County HHSA (Health and Human Services Agency) has been notified of a single case of viral meningitis in Julian. The individual is a student at Julian High School.

“There is no outbreak of viral meningitis,” said Dr. Wilma Wooten, M.D. M.P.H., County Public Health Officer. “We have heard some concerns from the community, but those who have come into contact with the individual have been examined by a physician and there are no further reports of other cases of viral meningitis.”

Viral meningitis is a common but rarely serious infection of the fluid in the spinal cord and the fluid that surrounds the brain. It is caused by any number of different viruses and can be contracted by person-to-person contact.

“It generally clears up in a week or two without specific treatment,” said Dr. Wooten.

Symptoms are fever, headache, stiff neck and tiredness. Rash, sore throat and vomiting can also occur. To avoid possible exposure, people should wash their hands thoroughly, especially after using the toilet, changing diapers, before preparing or eating food and after sneezing and coughing.

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