



UK Health  
Security  
Agency

Meningitis  
**now**

Meningitis  
Research  
Foundation

# Don't let another infectious disease spoil your time at college

Meningitis can be very serious if not treated quickly.  
Know the signs and symptoms of meningitis  
and septicaemia:

**Fever and/or  
vomiting**



**Severe  
headache**



**Pale or  
mottled skin,  
or rash**



**Breathing  
fast,  
breathless**



**Limb, joint,  
muscle pain,  
stiff neck**



**Cold hands  
and feet,  
shivering**



**Dislike of  
bright lights,  
seizures  
(fits)**



**Very sleepy,  
difficult to  
wake, vacant,  
confused or  
delirious**



## Find out more



**Know the signs and symptoms  
of meningitis and septicaemia**  
[www.nhs.uk/conditions/meningitis/symptoms/](http://www.nhs.uk/conditions/meningitis/symptoms/)



**MenACWY vaccine**  
[www.nhs.uk/conditions/vaccinations/men-acwy-vaccine/](http://www.nhs.uk/conditions/vaccinations/men-acwy-vaccine/)

Ask your GP or visit NHS.UK to find  
out about MenACWY vaccine:

[nhs.uk/conditions/vaccinations/  
men-acwy-vaccine](http://nhs.uk/conditions/vaccinations/men-acwy-vaccine)