



UK Health
Security
Agency

Meningitis
now

 Meningitis
Research
Foundation

Don't let another infectious disease spoil your time at university

Meningitis can be very serious if not treated quickly.

Know the signs and symptoms of meningitis and septicaemia:

Fever and/or vomiting



Severe
headache



Limb, joint, muscle pain,
stiff neck



Cold hands and feet,
shivering



Pale or mottled skin,
or rash



Breathing fast,
breathless



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/



MenACWY vaccine
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