



!
Don't ignore
the signs

Meningitis and septicicaemia

Severe headache

Stiff neck

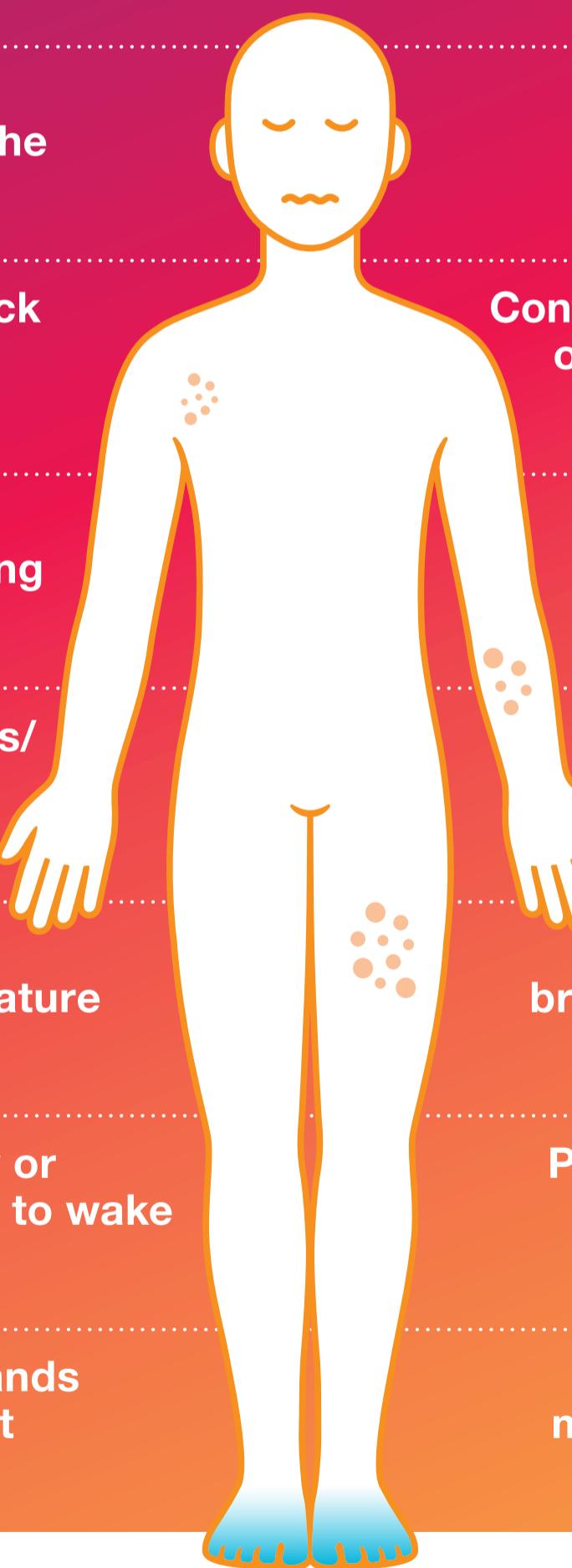
Rapid breathing

Seizures/ fits

High temperature

Drowsy or difficult to wake

Cold hands and feet



Dislike of bright light

Confusion and/ or irritability

Vomiting/ diarrhoea

Stomach cramps

Rash/ bruising rash

Pale blotchy skin

Joint or muscle pain

Meningitis can kill in hours

These are just some of the warning signs. If you are worried for yourself or someone else get medical help immediately. Call NHS 111.

Find out more:

Find out about the MenACWY vaccine

www.nhs.uk/conditions/vaccinations/men-acwy-vaccine/



Signs and symptoms of meningitis and septicaemia

www.nhs.uk/conditions/meningitis/symptoms/

