



UK Health
Security
Agency



Meningitis and septicaemia



Severe headache

Dislike of bright light



Stiff neck

Confusion and/or irritability



Rapid breathing

Vomiting/diarrhoea



Seizures/fits

Stomach cramps



High temperature

Rash/bruising rash



Drowsy or difficult to wake

Pale blotchy skin



Cold hands and feet

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/

