



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/

