



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



### Signs and symptoms of meningitis and septicaemia

[www.nhs.uk/conditions/meningitis/symptoms/](http://www.nhs.uk/conditions/meningitis/symptoms/)

