Meningitis and septicaemia

Know the symptoms

- Meningitis and septicaemia are serious, life threatening illnesses.
- Know the symptoms and act fast - if someone is ill and getting worse quickly, get medical help immediately.

Symptoms include:

- Fever and/or vomiting
- Severe headache
- Limb, joint, muscle pain
- Cold hands and feet, shivering
- Pale or mottled skin
- Breathing fast, breathless
- Rash
- Stiff neck
- Dislike of bright lights
- Very sleepy, difficult to wake, vacant
- Confused/delirious
- Seizures (fits)

Symptoms can appear in any order. Not everyone gets all the symptoms.

Free hotline:
UK 080 8800 3344 | Ireland 1800 41 33 44
www.meningitis.org