

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 helpline:

UK **080 8800 3344** | Ireland **1800 41 33 44**

www.meningitis.org



**Meningitis
Research
Foundation**