



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/)

