

# MENINGITIS AND SEPTICAEMIA CAN KILL

## Know the signs and symptoms

Meningitis  
NOW

Symptoms can appear in any order. Some may not appear at all.



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin  
Spots/rash



Severe headache



Stiff neck



Dislike bright lights



Convulsions/  
seizures

Find out more about meningitis: 



Meningitis Now nurse-led Helpline: 0808 80 10 388