

Meningitis and septicaemia can kill



Know the signs and symptoms

Trust your instincts and get urgent medical help

	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

Symptoms can appear in any order - some may not appear at all. Someone with meningitis or septicaemia can get a lot worse very quickly. Keep checking them.



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Meningitis Helpline 0808 80 10 388 (UK)