

# Don't drop out because of meningitis

**Fever and/or vomiting**

**Severe headache**

**Limb • joint •  
muscle pain**

**Cold hands and feet •  
shivering**

**Pale**

**Breathing fast •  
breathless**

**Rash**

**Stiff neck**

**Dislike of bright  
lights**

**Very sleepy •  
vacant • difficult  
to wake**

**Confused •  
delirious**

**Seizures (fits)**



**Meningitis & septicaemia kill**  
**Knowing the symptoms saves lives**



**Freefone\* helpline:**

**080 8800 3344 (UK) 1800 41 33 44 (Ireland)**

iPhone app [www.meningitis.org/iPhone](http://www.meningitis.org/iPhone)

[www.meningitis.org](http://www.meningitis.org)



**Meningitis**   
Research Foundation