



MENINGITIS

Symptoms

- Headaches
- Vomiting
- A fever but cold hands and feet
- A blotchy rash that doesn't fade when a glass is rolled over it - spots can also appear in the mouth
- Dislike of bright lights
- Stiff neck
- Drowsiness
- Seizures
- Aching muscles and joints

What to do

If you suspect meningitis, **call 999** or go to your nearest A&E immediately. Meningitis symptoms can often present as what may look like cold or flu symptoms. Always go with your gut or call 111 if you are unsure.

THINK FAST

