

DON'T IGNORE

The signs

Fever? Headache? Vomiting?

Sleepy?
Confused?

Stiff neck?

Pale, blotchy skin?

Rash?

Dislike bright lights?

Cold hands
& feet?

Limb Pain?

Meningitis

Meningitis can kill in hours
It could happen to anyone
It could happen to you!

These are just some of the warning signs. If you are worried for yourself or someone else get medical help immediately. For more information, visit or call free 24 hour helplines

www.meningitis.org 080 8800 3344 or www.meningitis-trust.org 0800 028 1828

NHS Helpline 0800 22 44 88