

# Signs and symptoms of meningitis.

Meningitis and septicaemia\* can happen together. Be aware of all the signs and symptoms. Someone with meningitis or septicaemia can get worse very quickly; keep checking them and get medical help if you are concerned.

*Symptoms can appear in  
any order, at any time.*  
**Trust your instincts**



## Common signs and symptoms of meningitis and septicaemia

- Fever with cold hands and feet
- Vomiting
- Drowsy or difficult to wake
- Confusion and irritability
- Severe muscle pain
- Pale blotchy skin, spots or rash
- Severe headache
- Stiff neck
- Dislike bright lights
- Convulsions or seizures

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

**DO NOT wait for a rash. If someone is ill and getting worse, trust your instincts - get medical help immediately.**

**[www.meningitisnow.org](http://www.meningitisnow.org)**

\*Meningitis is used to describe meningitis and meningococcal septicaemia.

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