

# Concerned about meningitis?

Meningitis is most common in babies, young children, teenagers, and young adults. It needs to be treated quickly so it is important to know the signs and symptoms which can happen in any order and may not all be present.

Common signs and symptoms include:

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

Call 999 immediately or go to your nearest A&E if you think you or someone in your care could have meningitis. Call NHS 111 if you're unsure whether it's serious.

Some vaccines provide protection and are given to children and teenagers. You can ask your GP for yours or your child's vaccination status and eligibility.



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