

Know the signs of MENINGITIS

Invasive meningococcal disease is a rare but potentially life threatening condition caused by inflammation of the protective membranes covering the brain and spinal cord. This inflammation is usually caused by infection with viruses or bacteria, including meningitis. **Ask your doctor about immunizations at your next appointment.**

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

Early symptoms can include:

- fever
- headache
- vomiting
- diarrhoea
- muscle pain
- stomach cramps
- fever with cold hands and feet

Trust your instincts —
get medical help
immediately



Babies and Toddlers

- Fever, cold hands and feet
- Refusing food and vomiting
- Fretful, dislike being handled
- Drowsy, floppy, unresponsive
- Rapid breathing or grunting
- Pale, blotchy skin Spots/rash
- Unusual cry, moaning
- Tense, bulging fontanelle (soft spot)
- Stiff neck, dislike bright lights
- Convulsions/seizures

Children and Adults

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



Source: cdc.gov

IMPACT OF BACTERIAL MENINGITIS

11-19%

of survivors of meningococcal disease will have long-term consequences, including deafness, nervous system problems, brain damage, or loss of limbs.

VACCINES TO HELP PREVENT BACTERIAL MENINGITIS

According to the Centers for Disease Control and Prevention (CDC), keeping up-to-date with recommended vaccines is the best defense against acquiring bacterial meningitis, although vaccination may not result in protection in all recipients.