



First aid for someone who has

Meningitis

Read these tips about how to help someone who has meningitis.

The person may have flu-like symptoms, a headache and a high temperature. The person may also complain of a stiff neck and be sensitive to light. At a later stage a rash may form (that does not disappear when a glass is pressed against it).

Other symptoms include cold hands and feet, joint pain, drowsiness and vomiting. A person with meningitis can have one or more symptoms, and some symptoms occur later on as the infection develops.

When you observe these symptoms, call 999.

A person with meningitis can deteriorate very quickly. It is potentially very serious and needs immediate attention.

Give them constant reassurance while waiting for the ambulance.

If they have a fever, you can use cold drinks to cool the person.