

Helping someone who has:

## Meningitis

Key action:  
**Call 999.**



### Recognise what to do:

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.

### Steps to take:

If you observe these symptoms, call 999 immediately, or get someone else to do it.

Give them constant reassurance while you wait for the ambulance.

### Supporting knowledge:

A person with meningitis can have one or more symptoms, and some symptoms occur later on as the infection develops.

Do not wait for all the symptoms to appear. Without immediate treatment meningitis can cause permanent damage.

A person with meningitis can deteriorate very quickly. Meningitis is potentially very serious.