

Babies and Toddlers

Meningitis  Septicaemia  Meningitis & Septicaemia 



Fever, cold hands & feet



Pale, blotchy skin.
Spots/rash
see Glass Test



Refusing food & vomiting



Unusual cry, moaning



Fretful, dislike being handled



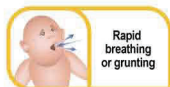
Tense, bulging fontanelle



Drowsy, floppy, unresponsive



Neck stiffness, dislike bright lights



Rapid breathing or grunting



Convulsions/seizures

Meningococcal Septicaemia

Meningococcal bacteria can cause meningitis and septicaemia (blood poisoning). One sign of septicaemia is a rash that does not fade under pressure – see Glass Test. Spots/rash may fade at first, keep checking.



Glass Test

Press the side of a clear glass firmly against the skin

- If someone is ill and getting worse do not wait for a rash, it can appear late or not at all.
- A fever with spots/rash that do not fade under pressure is a medical emergency.
- The spots or rash are more difficult to see on darker skin, check paler areas.



Meningitis and septicaemia often happen together. Be aware of all the signs and symptoms.

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

Early symptoms can include fever, headache, vomiting, muscle pain and fever with cold hands and feet.

Someone with meningitis or septicaemia can get a lot worse very quickly. Keep checking them.

Trust your instincts – get medical help immediately

If you suspect meningitis or septicaemia

- Get medical help immediately. You can:
 - Call NHS Direct/NHS 24 or your GP
 - Go to your nearest accident and emergency department
 - Dial 999 for an ambulance
- Describe the symptoms and say you think it could be meningitis or septicaemia.
- Early diagnosis can be difficult. If you have had advice and are still worried, get medical help again.

Trust your instincts – get medical help immediately

Children and Adults

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Fever, cold hands & feet



Pale, blotchy skin.
Spots/rash
see Glass Test



Vomiting



Severe headache



Drowsy, difficult to wake



Stiff neck



Confusion & irritability



Dislike bright lights



Severe muscle pain



Convulsions/seizures



Meningitis Trust.

Common signs & symptoms of meningitis & septicaemia

The Meningitis Trust relies on voluntary donations to provide lifelong support for people affected by meningitis



helpline staffed by nurses
0800 028 18 28
www.meningitis-trust.org

Calls from BT landlines are free. Other service providers and mobile rates may vary.

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