











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

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

Children and Adults

Meningitis ☐ Septicaemia ☐ Meningitis & Septicaemia ☐

 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

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.



- 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.

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



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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