










Meningitis!

Know the symptoms

Cut out and keep this helpful guide to the symptoms of meningitis and septicaemia.

Symptoms can appear in any order and not everyone gets all of these symptoms.

Septicaemia can occur with or without meningitis.

	Septicaemia	Meningitis
Cold hands and feet/shivering 	✓	✓ Not present in all cases
Rash (develops anywhere on the body) 	✓	✓
Fever and/or vomiting 	✓	
Rapid breathing (or unusual breathing) 	✓	
Stomach/joint/muscle pain 	✓ Sometimes with diarrhoea	
Drowsy and less responsive/vacant 	✓ Not present in all cases	✓
Severe headache 		✓
Stiff neck 		✓ Unusual in young children
Dislike of bright lights 		✓ Unusual in young children

Seizures (fits) may also be seen in cases of meningitis

Other symptoms in babies:

- Tense or bulging soft spot on their head
- Blotchy skin, getting paler or turning blue
- Refusing to feed
- Irritable when picked up, with a high pitched or moaning cry
- A stiff body with jerky movements, or else floppy and lifeless

Trust your instincts. Someone who has meningitis or septicaemia could become seriously ill very quickly. **Get medical help immediately if you are worried about someone who is ill.**

Taken with permission from the Meningitis Research Foundation leaflet 'Race Against Time'.