The Meningitis Trust

Common Signs & Symptoms of Meningitis & Septicaemia

The Meningitis Trust relies on voluntary donations to provide emotional and practical support to those affected by meningitis.

24hr nurse-led helpline

0800 028 18 28

www.meningitis-trust.org

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Registered charity number (England and Wales) 110316, (Scotland) SC037793
Babies and Toddlers

Meningitis and Septicaemia often occur Together

- Fever, cold hands & feet
- Floppy, listless, unresponsive
- Refusing food
- Drowsy, difficult to wake
- Vomiting
- Spots/Rash see Glass Test
- Pale, blotchy skin
- Rapid breathing or grunting
- Fretful, dislike being handled
- Unusual cry, moaning

Trust your instincts – Get medical help immediately
Children and Adults

Meningitis and Septicaemia often occur Together

- Fever, cold hands & feet
- Stomach cramps & diarrhoea
- Vomiting
- Spots/Rash see Glass Test
- Drowsy, difficult to wake
- Severe headache
- Confusion & irritability
- Stiff neck
- Severe muscle pain
- Dislike bright lights

Symptoms can appear in any order, some may not appear at all
Meningococcal bacteria can cause meningitis and septicaemia (blood poisoning). They often occur together. Be aware of all the signs and symptoms.

Glass Test

Press the side of a clear glass firmly against the skin.

- One sign of septicaemia is a rash that does not fade under pressure – See glass test. This rash does not always appear.
- Spots/rash may fade at first, keep checking.
- The spots/rash are more difficult to see on darker skin, check paler areas.

Trust your instincts –
Get medical help immediately