Septicaemia

Some bacteria can cause meningitis and septicaemia (blood poisoning). People with septicaemia may develop a rash of tiny red ‘pin pricks’ which can develop into purple bruising. **THIS RASH DOES NOT FADE UNDER PRESSURE. DO THE GLASS TEST.**

- Fever with spots/rash that do not fade under pressure is a **MEDICAL EMERGENCY**
- **DO NOT WAIT FOR A RASH.** If someone is ill and getting worse, get medical help immediately
- **ON DARK SKIN,** the spots/rash can be more difficult to see. Do not wait for a rash. Be aware of all the signs and symptoms.

Getting medical help

If you are concerned it could be meningitis or septicaemia, you can:

Call NHS 111/NHS 24 or your GP

In an emergency you can:

- Dial 999 for an ambulance
- Go to your nearest accident and emergency department

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 concerned, get medical help again.

**Trust your instincts - get medical help immediately**

Meningitis and Septicaemia
Common signs and symptoms

Meningitis NOW

24-hour nurse-led helpline 0808 80 10 388
www.MeningitisNow.org

Download our free app Available on iPhone and Android
Babies and Toddlers

Fever, cold hands and feet
Refusing food and vomiting
Fretful, dislike being handled
Drowsy, floppy, unresponsive
Rapid breathing or grunting
Pale, blotchy skin
Spots/rash
See Glass Test
Unusual cry, moaning
Tense, bulging fontanelle (soft spot)
Stiff neck, dislike bright lights
Convulsions/seizures

Be aware

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
- 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

Fever, cold hands and feet
Vomiting
Drowsy, difficult to wake
Confusion and irritability
Severe muscle pain
Pale, blotchy skin
Spots/rash
See Glass Test
Severe headache
Stiff neck
Dislike bright lights
Convulsions/seizures