Meningococcal bacteria can cause meningitis and septicaemia (blood poisoning). They often occur together.

**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.
- Other symptoms include rapid breathing, stomach cramps and diarrhoea.
- Septicaemia is a medical emergency.

24hr nurse-led Helpline 0845 6000 800

www.meningitis-trust.org
COMMON SYMPTOMS OF Meningitis & Septicaemia

BABIES & TODDLERS
- Fever - cold hands & feet
- Refusing food or vomiting
- Fretful, dislike of being handled
- Pale blotchy skin
- Blank, staring expression
- Drowsy, difficult to wake
- Stiff neck, arched back
- High pitched cry

CHILDREN & ADULTS
- Fever - cold hands & feet
- Vomiting
- Headache
- Stiff neck
- Dislike of bright lights
- Joint/muscle pain
- Drowsy, difficult to wake
- Confusion

If you are concerned get medical help IMMEDIATELY.