

# Meningitis and septicaemia

Meningitis  
**now**

## Know the signs and symptoms

Symptoms can appear in any order. Some may not appear at all.  
Early symptoms can include:

fever headache vomiting diarrhoea  
muscle pain stomach cramps  
fever with cold hands and feet

Trust your instincts -  
get medical help  
immediately



### 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



Unusual  
cry,  
moaning



Tense,  
bulging  
fontanelle  
(soft spot)



Stiff neck,  
dislike  
bright  
lights



Convulsions/  
seizures

### Children and Adults



Fever, cold  
hands and  
feet



Vomiting



Drowsy,  
difficult to  
wake



Confusion  
and irritability



Severe  
muscle  
pain



Pale, blotchy  
skin  
Spots/rash



Severe  
headache



Stiff neck



Dislike  
bright  
lights



Convulsions/  
seizures

Meningitis and septicaemia can affect anyone,  
and can kill within hours.

Call our Meningitis Helpline on **0808 80 10 388**  
for your symptoms card or download our free  
mobile app at **[www.meningitisapp.co.uk](http://www.meningitisapp.co.uk)**

