

# MENINGITIS?

## KNOW THE SYMPTOMS



### Do the Tumbler Test

Most people with meningococcal septicaemia develop a rash of tiny red 'pin prick' spots, which can rapidly develop into purple bruising. If the rash does not fade when a glass is pressed against it, it could be meningococcal septicaemia. On dark skin, check for the rash on lighter parts of the body, eg. inner eyelids or finger tips.



Rash on dark skin

### Important

Someone who becomes unwell rapidly should be examined particularly carefully for the meningococcal septicaemia rash.

### Other symptoms in babies may include:

- Blotchy skin, quite pale or turning blue
- Tense or bulging soft spot (fontanelle) on the baby's head
- Poor feeding
- High pitched cry/irritable (especially when being held)

**IF YOU SUSPECT EITHER DISEASE GO IMMEDIATELY TO YOUR NEAREST GP OR CASUALTY UNIT**

### ACT QUICKLY!

**NOT EVERYONE GETS ALL OF THESE SYMPTOMS AND THEY CAN APPEAR IN ANY ORDER**

Meningococcal Septicaemia		Meningitis
Rash	<input type="checkbox"/>	
Leg pain	<input type="checkbox"/>	
Cold hands & feet	<input type="checkbox"/>	
Floppy child/ difficulty supporting own weight	<input type="checkbox"/>	<input type="checkbox"/>
Fever, vomiting or diarrhoea	<input type="checkbox"/>	<input type="checkbox"/>
Confusion & drowsiness	<input type="checkbox"/>	<input type="checkbox"/>
Difficulty breathing	<input type="checkbox"/>	
Abdominal/joint/ muscle pain	<input type="checkbox"/>	
Abnormal skin colour	<input type="checkbox"/>	
Severe headache		<input type="checkbox"/>
Stiff neck		<input type="checkbox"/>
Dislike of bright light		<input type="checkbox"/>
Body stiffens/jerky movements		<input type="checkbox"/>

**Meningitis can KILL in under 4 hours**

**To make a donation phone 0117 373 73 73  
or visit [www.4hours.org](http://www.4hours.org)**

