

# MENINGITIS & SEPTICAEMIA

INFLAMMATION OF BRAIN LINING

INFECTION OF THE BLOOD

## CHECK THE SYMPTOMS



MENINGITIS & SEPTICAEMIA CAN OCCUR AT THE SAME TIME  
SYMPTOMS CAN APPEAR IN ANY ORDER AND MAY NOT APPEAR AT ALL

Septicaemia Meningitis

SPECIFIC SYMPTOMS

Cold hands & feet	<input type="radio"/>	<input type="radio"/>
Leg pain	<input type="radio"/>	<input type="radio"/>
Abnormal skin colour	<input type="radio"/>	<input type="radio"/>
Rash	<input type="radio"/>	<input type="radio"/>
Stiff neck	<input type="radio"/>	<input type="radio"/>
Dislike of bright light	<input type="radio"/>	<input type="radio"/>
Seizure, stiff/jerky movements	<input type="radio"/>	<input type="radio"/>
Altered mental state/confusion	<input type="radio"/>	<input type="radio"/>

GENERAL

Headache	<input type="radio"/>	<input type="radio"/>
Breathing difficulties	<input type="radio"/>	<input type="radio"/>
Severe lethargy	<input type="radio"/>	<input type="radio"/>
Severe joint/muscle pain	<input type="radio"/>	<input type="radio"/>
Fever, vomiting or diarrhoea	<input type="radio"/>	<input type="radio"/>

If you suspect either disease **SEEK MEDICAL HELP IMMEDIATELY**  
**TRUST YOUR INSTINCTS**

## SYMPTOMS in BABIES may also include



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

## The TUMBLER Test

People with septicaemia may develop a rash of tiny red 'pin prick' marks which can develop into purple bruising



- Press the side of a clear glass firmly against the rash
- If the rash does **NOT** fade, seek medical help **IMMEDIATELY**
- If the rash fades, **KEEP CHECKING**. In rare cases, the rash can change

On darker skin the rash can be difficult to see.  
Check for the rash on paler areas such as the palms of the hands



The rash is often a **LATE** symptom and may not appear at all  
**DO NOT WAIT FOR THE RASH. Seek medical help IMMEDIATELY**

Meningitis can **KILL** in under **4** hours

Meningitis UK funds preventative research to protect future generations

[www.meningitisUK.org](http://www.meningitisUK.org) Tel: 0117 947 6320



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