

Meningitis & Septicaemia guide

If you are concerned always contact your health care professional

Babies and Toddlers

Meningitis and Septicaemia often occur Together

 Fever, cold hands & feet	 Floppy, listless, unresponsive
 Refusing food	 Drowsy, difficult to wake
 Vomiting	 Spots/Rash see Glass Test
 Pale, blotchy skin	 Rapid breathing or grunting
 Fretful, dislike being handled	 Unusual cry, moaning

Children and Adults

Meningitis and Septicaemia often occur Together

 Fever, cold hands & feet	 Stomach cramps & diarrhoea
 Vomiting	 Spots/Rash see Glass Test
 Drowsy, difficult to wake	 Severe headache
 Confusion & irritability	 Stiff neck
 Severe muscle pain	 Dislike bright lights

Important Numbers

Doctors: _____

Hospital: _____

Mum: _____

Dad: _____