

# MENINGITIS

## MENINGITIS & SEPTICAEMIA: COMMON SIGNS & SYMPTOMS

Sign and symptoms are varied, but often appear similar to flu like symptoms. Symptoms can appear in any order and some may not appear at all.

### CHILDREN & 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

### BABIES & 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 soft spot
- + Stiff neck, dislike bright lights
- + Convulsions/seizures

### WHAT TO DO

- If you're concerned, don't waste time – get help immediately.
- Recognising early signs and symptoms is difficult, so don't be afraid to make clear that you are concerned about meningitis.
- If you think you may have recognised early symptoms you can call NHS 111, go to your GP, Accident and Emergency, or dial 999 for an ambulance.
- Trust your instincts, even if the casualty has already seen the doctor.



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