Meningitis Baby Watch

Is your baby getting worse fast? Babies can get ill very quickly, so check often.

Tense or bulging soft spot

High temperature but often absent in babies under 3 months

Very sleepy/staring expression/too sleepy to wake up

Breathing fast/ difficulty breathing

Extreme shivering

'Pin prick' rash/marks or purple bruises anywhere on the body

Sometimes diarrhoea

Vomiting/refusing to feed

Irritable when picked up, with a high pitched or moaning cry

Blotchy skin, getting paler or turning blue

A stiff body with jerky movements, or else floppy and lifeless

Pain/irritability from muscle aches or severe limb/joint pain

Cold hands and feet

Not every baby gets all these symptoms. Symptoms can appear in any order.

MENINGITISWISE

For information and support our Freefone* helpline is available 365 days a year

080 8800 3344 (UK) **1800 41 33 44** (Ireland)

Email **helpline@meningitis.org**

Website **www.meningitis.org**

iPhone app **www.meningitis.org/iPhone**

Meningitis Research Foundation

* From landlines and most mobiles

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