

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

Meningitis baby watch

Tense or bulging
soft spot

High temperature

In babies under 3 months
it can be normal or low

Very sleepy/staring
expression/too
sleepy to wake up

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

Extreme
shivering

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

Sometimes
diarrhoea

Cold hands
and feet

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

Unusual grunting sounds

Vomiting/refusing to feed

Blotchy skin, getting
paler or turning blue

Breathing fast/
difficulty breathing

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

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

Free information and support:

📞 UK 0808 800 334 | Ireland 1800 41 33 44

👤 meningitis.org | ✉ helpline@meningitis.org

A charity registered in England and Wales no 1091105, in Scotland no SC037586 and in Ireland 20034368.
Registered Office: 7th Floor, The Programme Building, The Pithay, Bristol, BS1 2NB

meningitis.org

