

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

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

In babies under 3 months
it can be normal or low

Very sleepy/staring
expression/too
sleepy to wake up

Unusual grunting sounds

Vomiting/refusing to feed

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

Blotchy skin, getting
paler or turning blue

Extreme
shivering

Breathing fast/
difficulty breathing

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

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

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

Sometimes
diarrhoea

Cold hands and feet

Free information and support:

📞 UK 0808 800 334 | Ireland 1800 41 33 44

👤 meningitis.org | ✉ helpline@meningitis.org

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