

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

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

Extreme shivering

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

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

Cold hands and feet

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

Sometimes diarrhoea

For free information and support:

Phone: UK 0808 800 334 | Phone: Ireland 1800 41 33 44  
Live chat: [meningitis.org](https://www.meningitis.org) | email: [helpline@meningitis.org](mailto:helpline@meningitis.org)

[meningitis.org](https://www.meningitis.org)

A charity registered in England and Wales no 1091105, in Scotland no SC037586 and in Ireland 20034368.  
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#DefeatMeningitis

 Meningitis  
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