

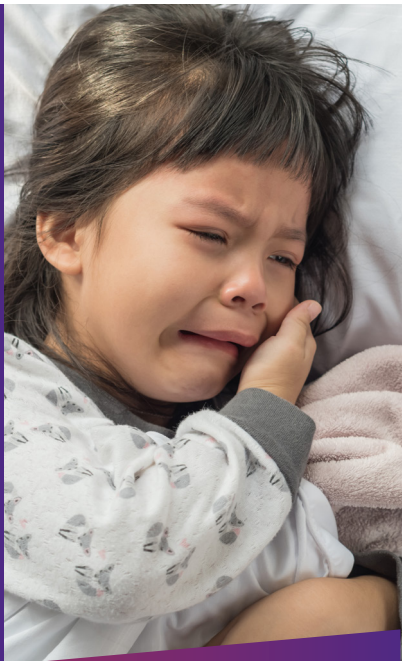
Meningitis and sepsis

Could you spot the signs?

Meningitis and sepsis are uncommon but serious illnesses that are difficult to spot in the first 4-6 hours of illness.

Around half of children who have meningitis or sepsis are sent home after a first visit to a GP.

But a child can be close to death in less than 24 hours.



Trust Your Instincts

If your child is ill and getting worse, don't be afraid to seek medical help immediately – even if you have already seen a doctor.

For information on symptoms and when to take urgent action, visit:

meningitis.org/TrustYourInstincts

The terms sepsis and septicaemia are often used interchangeably

Free helpline:

UK **080 8800 3344** | Ireland **1800 41 33 44**

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**Meningitis
Research
Foundation**

Meningitis and septicaemia

know the symptoms

- Meningitis and septicaemia are serious, life threatening illnesses.
- Know the symptoms and act fast - if someone is ill and getting worse quickly, get medical help immediately.

Symptoms include:



Fever and/or vomiting



Severe headache



Limb, joint, muscle pain



Cold hands and feet, shivering



Pale or mottled skin



Breathing fast, breathless



Rash



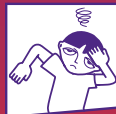
Stiff neck



Dislike of bright lights



Very sleepy, difficult to wake, vacant



Confused/delirious



Seizures (fits)

Other symptoms in babies:

- Unusual grunting sounds
- Tense or bulging soft spot
- Refusing to feed
- Irritable when picked up, with a high pitched or moaning cry

- Stiff body with jerky movements, or floppy/lifeless

If under 3 months fever often absent.

Symptoms can appear in any order. Not everyone gets all the symptoms.

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www.meningitis.org