Septicaemia

Some bacteria can cause meningitis and septicaemia (blood poisoning). People with septicaemia may develop a rash of tiny red ‘pin pricks’ which can develop into purple bruising.

THIS RASH DOES NOT FADE UNDER PRESSURE. DO THE GLASS TEST.

Getting medical help

If you are concerned it could be meningitis or septicaemia, you can:

Call NHS 111 or your GP

In an emergency you can:
• Dial 999 for an ambulance
• Go to your nearest accident and emergency department

Describe the symptoms and say that you think it could be meningitis or septicaemia.

Early diagnosis can be difficult. If you have had advice and are still concerned, get medical help again.

Common signs and symptoms for meningitis and septicaemia

• Fever with spots/rash that do not fade under pressure is a MEDICAL EMERGENCY
• DO NOT WAIT FOR A RASH. If someone is ill and getting worse, get medical help immediately
• ON DARK SKIN, the spots/rash can be more difficult to see. Do not wait for a rash. Be aware of all the signs and symptoms.

Trust your instincts - get medical help immediately

压住玻璃杯的侧面，贴紧皮肤。斑点/皮疹可能会消失。请继续检查！

Keep this card safe
It could save a life

Meningitis Helpline 0808 80 10 388 (UK)
www.MeningitisNow.org

Supported by the Petra Ecclestone Foundation

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Reg. Charity Number 803016 (England & Wales) SC037790 (Scotland) Company Registration Number 2469130.
Babies and Toddlers

- Fever, cold hands and feet
- Fretful, dislike being handled
- Rapid breathing or grunting
- Unusual cry, moaning
- Stiff neck, dislike bright lights
- Refusing food and vomiting
- Drowsy, floppy, unresponsive
- Pale, blotchy skin
- Spots/rash

See Glass Test

- Tense, bulging fontanelle (soft spot)

Be aware

Meningitis and septicaemia often happen together. Be aware of all the signs and symptoms.

Symptoms can appear in any order.

Some may not appear at all.

Early symptoms can include:
- Fever, headache
- Vomiting
- Diarrhoea
- Muscle pain
- Stomach cramps
- Fever with cold hands and feet

Someone with meningitis or septicaemia can get a lot worse very quickly. Keep checking them.

Trust your instincts - get medical help immediately

Children and Adults

- Fever, cold hands and feet
- Vomiting
- Drowsy, difficult to wake
- Confusion and irritability
- Severe muscle pain
- Pale, blotchy skin
- Spots/rash

See Glass Test

- Severe headache
- Stiff neck
- Dislike bright lights
- Convulsions/seizures