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.**

- 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.

Medical help

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.

Meningitis kills

This card could save your life

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

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Meningitis + septicaemia

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

Common signs + symptoms

- 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