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.

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

• Spots/rash may fade at first. Keep checking!

Press the side of a clear glass firmly against the skin.

Spots/rash may fade at first. Keep checking!

Trust your instincts - get medical help immediately

Keep this card safe

It could save a life

Meningitis Helpline
0808 80 10 388 (UK)

www.MeningitisNow.org

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**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, 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

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

**Trust your instincts - get medical help immediately**