Meningitis Baby Watch

Tense or bulging soft spot

High temperature. Warning - could be normal or low in babies under 3 months

Very sleepy/staring expression/too sleepy to wake up

Breathing fast/difficulty breathing

Extreme shivering

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

Sometimes diarrhoea

Is your baby getting worse fast?
Babies can get ill very quickly, so check often.

Unusual grunting sounds

Vomiting/refusing to feed

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

Blotchy skin, getting paler or turning blue

A stiff body with jerky movements, or else floppy and lifeless

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

Cold hands and feet

Not every baby gets all these symptoms and they can appear in any order.

Get your baby vaccinated to protect against meningitis. Vaccines give excellent protection but can’t prevent all forms.

For information and support our Freephone helpline is available 365 days a year

080 8800 3344 (UK)  1800 41 33 44 (Ireland)

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Meningitis Research Foundation