# Meningitis and septicaemia

## Know the symptoms

**Red symptoms** are more specific to meningitis and septicaemia and less common in milder illnesses. Not everyone gets all these symptoms.

## MENINGITIS
- Fever and/or vomiting
- Severe headache
- Rash (not all cases)
- Stiff neck*
- Dislike of bright lights*
- Very sleepy/vacant/difficult to wake
- Confused/delirious
- Seizures (fits)

## SEPTICAEMIA
- Fever and/or vomiting
- Limb/joint/muscle pain
- Cold hands and feet/shivering
- Pale or mottled skin
- Breathing fast/breathless
- Rash (not all cases)
- Very sleepy/vacant/difficult to wake
- Confused/delirious

*Less common in babies and toddlers

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**Freefone helpline:**
080 8800 3344 *(UK)* 1800 41 33 44 *(Ireland)*

helpline@meningitis.org

www.meningitis.org

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