

# MENINGITIS AND SEPSIS

Some bacteria can cause meningitis and sepsis (blood poisoning).

Sepsis: People suffering from Sepsis may develop a rash of tiny red pin pricks which can develop into purple bruising.

## THE GLASS TEST

IF THIS RASH DOES NOT FADE UNDER PRESSURE,  
SEEK MEDICAL HELP IMMEDIATELY!



Press the side of a clear glass firmly against the skin. Spots/rash may fade at first. Keep checking!

- 🌀 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 sepsis, 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 sepsis.

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



Spencer Dayman  
**MENINGITIS RESEARCH**

THE RESEARCH GOES ON

+44 (0)1454 417975

[www.SpencerDaymanMeningitisResearch.org](http://www.SpencerDaymanMeningitisResearch.org)

Reg Charity No. England & Wales 1202202

Reg Charity No. Scotland SC052732

# MENINGITIS AND SEPSIS

## KNOW THE SYMPTOMS

IT COULD MEAN THE DIFFERENCE  
BETWEEN LIFE & DEATH

Keep this card with you at all times



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## BABIES AND TODDLERS

Common signs and symptoms of meningitis and sepsis



Fretful  
Dislike being handled



Drowsy  
Floppy  
Unresponsive



Fever  
Cold hands and feet



Refusing food  
Vomiting



Rapid breathing or grunting



Pale, blotchy skin  
Spots/rash  
See glass test



Unusual crying or moaning



Tense/bulging fontanelle (soft spot)



Convulsions  
Seizures



Stiff neck  
Dislike of bright lights

## ALWAYS BE AWARE!

**MENINGITIS AND SEPSIS CAN OFTEN OCCUR TOGETHER**

In most cases someone who develops meningitis or sepsis will become ill very rapidly.

The symptoms can appear in any order.

Do not wait for a rash it is often a late symptom and may never appear at all.

If you are concerned seek medical help by calling 111 or in an emergency call 999.

Just ask:  
"Could it be Meningitis or Sepsis?"



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## CHILDREN AND ADULTS

Common signs and symptoms of meningitis and sepsis



Confused and irritable



Drowsy  
Difficult to wake



Fever  
Cold hands and feet



Vomiting



Severe headache



Pale, blotchy skin  
Spots/rash  
See glass test



Stiff neck



Severe muscle pain



Convulsions  
Seizures



Dislike of bright lights