

# MENINGITIS AND SEPSIS KNOW THE SYMPTOMS

**IT COULD MEAN THE DIFFERENCE BETWEEN LIFE & DEATH**

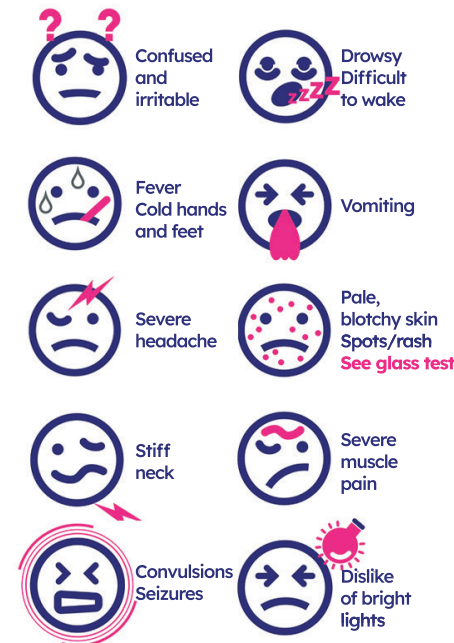
## BABIES AND TODDLERS

Common signs and symptoms of meningitis and sepsis



## CHILDREN AND ADULTS

Common signs and symptoms of meningitis and sepsis



## 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 THE 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.

**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.

## 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  
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