

# 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

**Freefone helpline:**

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

**helpline@meningitis.org**

**www.meningitis.org**

**Meningitis**  
Research Foundation

