

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

Tense or bulging soft spot

High temperature

In babies under 3 months it can be normal or low

Very sleepy/staring expression/too sleepy to wake up

Unusual grunting sounds

Vomiting/refusing to feed

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

Breathing fast/difficulty breathing

Extreme shivering

Blotchy skin, getting paler or turning blue

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

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

Sometimes diarrhoea

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

Cold hands and feet

# Meningitis Baby Watch

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

For information and support call our free helpline

**080 8800 3344**

[helpline@meningitis.org](mailto:helpline@meningitis.org)

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



# Meningitis & Septicaemia

## strike fast and can kill

### What should I do if I am worried?

**Trust your instincts.** If you think your baby has meningitis or septicaemia get medical help immediately. Say that you are worried it could be meningitis or septicaemia.

### Know the symptoms

Early symptoms of meningitis and septicaemia (the blood poisoning form of the disease) can be like other childhood illnesses, but a baby will usually get ill quickly and get worse fast.

Watch out for tiny red or brown pin prick marks which can change into purple blotches or blood blisters. If your baby gets a rash, do the 'Tumbler Test'.

This rash can be harder to see on dark skin, so check for spots over baby's whole body, especially on paler areas like palms of the hands, the soles of the feet, on the tummy, inside the eyelids, and on the roof of the mouth.

### How can I protect my baby?

Get your baby vaccinated. Vaccines give excellent protection but can't prevent all forms, so know the symptoms.

### Tumbler test

If a glass tumbler is pressed firmly against a septicaemic rash, the marks will not fade. You will be able to see them through the glass. If this happens get medical help immediately.

**Remember, a very ill baby needs medical help even if they have only a few spots, a rash that fades or no rash at all.**



For information and support  
call our free helpline.

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

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