

Septicaemia

Some bacteria can cause meningitis and septicaemia (blood poisoning). People with septicaemia may develop a rash of tiny red 'pin pricks' which can develop into purple bruising.

THIS RASH DOES NOT FADE UNDER PRESSURE. DO THE GLASS TEST.

- 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.



Press the side of a clear glass firmly against the skin.

Spots/rash may fade at first.

Keep checking!

Medical help

**Call NHS 111
or your GP**

In an emergency you can:

- Dial 999 for an ambulance
- Go to your nearest accident and emergency department

Trust your instincts -
get medical help
immediately



Describe the symptoms and say that you think it could be meningitis or septicaemia.

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

Meningitis kills

This card could save your life

**Meningitis
now**

Meningitis Helpline
0808 80 10 388 (UK)

www.fightfornow.org

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References for content of this card are available on our website.
Reg. Charity Number 803016 (England & Wales) SC037790 (Scotland)
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Meningitis + septicaemia

Be aware of all the signs and symptoms.

Symptoms can appear in any order.
Some may not appear at all.

Early symptoms can include:

fever headache vomiting diarrhoea

muscle pain stomach cramps

fever with cold hands and feet

Someone with meningitis or septicaemia can get a lot worse very quickly. Keep checking them.

Trust your instincts - get medical help immediately

Common signs + symptoms



Fever, cold hands and feet



Vomiting



Drowsy, difficult to wake



Confusion and irritability



Severe muscle pain



Pale, blotchy skin
Spots/rash
See Glass Test



Severe headache



Stiff neck



Dislike bright lights



Convulsions/
seizures