

Meningitis Baby Watch

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

Tense or bulging soft spot

High temperature

Very sleepy/staring expression/too sleepy to wake up

Vomiting/refusing to feed

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

Breathing fast/difficulty breathing

Blotchy skin, getting paler or turning blue

Extreme shivering

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

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

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

Sometimes diarrhoea

Cold hands and feet

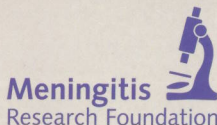
Not every baby gets all these symptoms. Symptoms can appear in any order.

For more information about meningitis and septicaemia, and information about symptoms in older children and adults, call Meningitis Research Foundation's

Freefone 24 hour helpline

080 8800 3344 (UK)

1800 41 33 44 (Republic of Ireland)



Meningitis and Septicaemia

are very dangerous and can come on very quickly.

What is the risk to my baby?

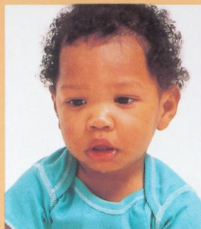
Most babies have natural resistance to these diseases. Meningitis vaccines give excellent protection but can't prevent all forms of meningitis and septicaemia.

What should I watch out for?

Watch out for the symptoms shown on this card.

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.

What should I do if I am worried about my baby?

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.

Courtesy of Prof P Brandtzaeg



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.



• Rash on dark skin

Meningitis Research Foundation's vision is a world free from meningitis and septicaemia. Call us to find out how you can help.

Midland Way Thornbury Bristol BS35 2BS
28 Alva Street Edinburgh EH2 4PY
71 Botanic Avenue Belfast BT7 1JL
63 Lower Gardiner Street Dublin 1

Tel 01454 281811
Tel 0131 510 2345
Tel 028 9032 1283
Tel 01 819 6931

www.meningitis.org

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