



ACT for Meningitis

A

ASK- COULD THESE SYMPTOMS BE MENINGITIS?

C

CONTACT YOUR DOCTOR

T

TIME- EVERY SECOND COUNTS, TRUST YOUR INSTINCTS

ACT today...
for a brighter tomorrow

MENINGITIS & SEPTICAEMIA



TRUST YOUR INSTINCTS DON'T WAIT FOR A RASH!

The signs and symptoms of Meningitis can appear in any order
SOME MAY NOT APPEAR AT ALL

● **Septicaemia**
Infection of the blood

● **Meningitis**
Infection of the brain

BABIES & TODDLERS

- ● Pale / Blotchy Skin / Turn Blue
- ● Sleepy / Refusing to Feed
- ● Irritable
- Spots / Rash
- ● Limp / Floppy Child
- ● Not Easily Consoled
- ● High Pitch Crying
- ● Cold Hands / Feet
- ● Bulging Soft Spot on Head
- ● High Temperature
- ● Rapid Breathing / Moaning

CHILDREN & ADULTS

- Fever / Cold hands and feet
- ● Vomiting
- ● Difficult to Wake
- ● Confusion / Irritable / Aggression
- Severe Muscle Pain
- ● Stomach Cramps / Diarrhoea
- Spots / Rash / Blotchy Skin
- Headache
- Stiff Neck
- Dislike of Bright Lights
- Seizures / Uncontrolled Movements
- Difficulty Breathing

Meningitis does not always produce a rash. If it does appear it will not fade under pressure.

- Press the side of a glass firmly against the skin
- Spots/Rash may fade at first, keep checking
- Some are more difficult to see on darker skin, check paler areas in case

If you suspect Meningitis, seek medical help IMMEDIATELY.



www.actformeningitis.ie

ACT NOW!



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