

Meningitis Baby Watch

Tense or bulging soft spot

High temperature.
Warning - could be normal or low in babies under 3 months

Very sleepy/staring expression/too sleepy to wake up

Breathing fast/difficulty breathing

Extreme shivering

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

Sometimes diarrhoea

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

Unusual grunting sounds

Vomiting/refusing to feed

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

Blotchy skin, getting paler or turning blue

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

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

Cold hands and feet

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

For information and support our Freephone* helpline is available 365 days a year
080 8800 3344 (UK) **1800 41 33 44** (Ireland)

Email **helpline@meningitis.org**

Website **www.meningitis.org**

iPhone app **www.meningitis.org/iPhone**



Meningitis
Research Foundation



* From landlines and most mobiles

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