



MENINGITIS

COMMON CHILDHOOD AILMENTS



SYMPTOMS

Symptoms can appear quickly! **A high temperature, a headache, being sick and a rash that does not go away when a glass is rolled across it.** Meningitis is common in babies, young children, teenagers and young adults.



INCUBATION

It is caused by a bacterial or a viral infection. It can be spread by coughing, sneezing and kissing.

TREATMENT

Call 111 or 999 if you think you or someone in your family has meningitis. Tests in hospital will confirm meningitis.



TOP TIPS

Do not wait for symptoms to appear or a rash to develop. If a rash does not fade under a glass call **999** immediately. It could be meningitis or Sepsis. Fast action is required.

Roll a glass over the rash to see if it fades.



FURTHER SUPPORT



Go to 111.nhs.uk



Call 111



Remember, if in doubt, call 111