

Sepsis

CHILDREN

A child may have sepsis if he or she:

- Is breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

WHAT TO DO IF YOU SUSPECT SEPSIS:

Call 111 or contact your GP if you're worried about an infection.

Call 999 or visit A&E if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

Meningitis

Meningitis is an infection of the protective membranes that surround the brain and spinal cord (meninges).

It can affect anyone, but is most common in babies, young children, teenagers, students and young adults.

Meningitis can be very serious if not treated quickly.

It can cause life-threatening blood poisoning ([septicaemia](#)) and result in permanent damage to the brain or nerves.

A number of vaccinations are available that offer some protection against meningitis.

Signs and symptoms

- raised body temperature
- vomiting
- feeling very unwell
- severe headache
- photophobia (dislike of light)
- stiff or rigid neck
- a lowering level of responsiveness if untreated
- rash of small purple spots or bruises (when pressed against a glass they do not disappear). This is a late sign and may not even appear.

If you have any suspicion that someone might have meningitis, seek urgent medical advice.