

# MENINGITIS

## KNOW THE SYMPTOMS

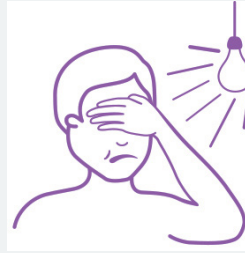


### CHILDREN & ADULTS



#### STIFF NECK

A stiff, sore neck can be a symptom of meningitis. Check for any of the other symptoms of meningitis.



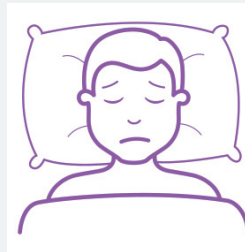
#### LIGHT SENSITIVITY

A sensitivity to light, or a dislike of bright lights is an early warning sign of meningitis. If this symptom is present, check for any of the other symptoms of meningitis.



#### HEADACHE

If you or your child has a severe headache, check for any of the other symptoms of meningitis.



#### DROWSINESS / CONFUSION

If the child or adult is difficult to wake, or in a drowsy and confused state, they could be exhibiting early symptoms of meningitis.



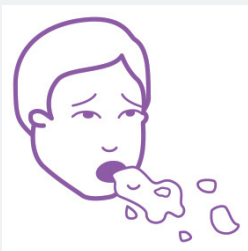
#### FEVER

A fever, sometimes accompanied by cold hands and feet, can be a symptom of meningitis.



#### JOINT PAIN

Aching sore joints are a symptom of meningitis. If the person is experiencing pain in their joints check for any of the other symptoms of meningitis.



#### VOMITING

Vomiting is a common symptom of meningitis in both children and adults.



#### FITTING

Experiencing convulsive fits or seizures is characteristic of meningitis. Check for any of the other symptoms of meningitis.

**Every Second Counts** The person's condition may get worse very quickly so it is important to **trust your instincts** – if you suspect meningitis, seek medical help immediately

**CALL 111** if it's a medical emergency

**CALL 0800 611 116** to talk to a registered nurse for healthcare advice

**CALL 0800 IMMUNE (0800 466 863)** for immunisation facts

[www.meningitis.org.nz](http://www.meningitis.org.nz) | [info@meningitis.org.nz](mailto:info@meningitis.org.nz)



 **MENINGITIS  
FOUNDATION**  
AOTEAROA NEW ZEALAND

# MENINGITIS

## KNOW THE SYMPTOMS



### BABIES & INFANTS



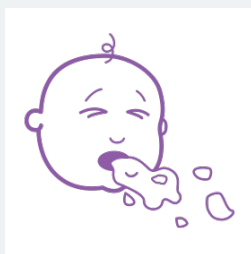
#### FEVER

Fever is a common symptom of meningitis in babies and infants. Your baby may also have cold hands and feet.



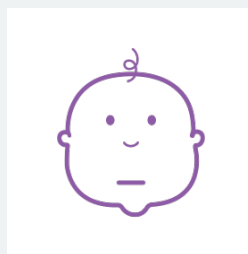
#### DISLIKE OF BEING HANDLED

A fretful and irritable baby who does not like being handled could be a symptom of meningitis.



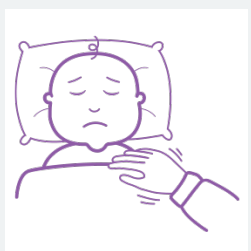
#### VOMITING

If your baby is vomiting and/or refusing feeds (and this is unusual), check for any other symptoms.



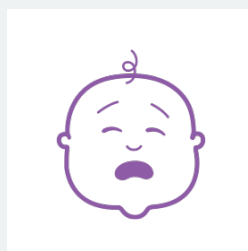
#### BLANK EXPRESSION

If your baby is showing a blank or staring expression and not responding to you as he/she usually does, check for other symptoms.



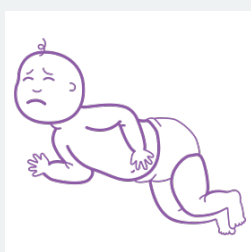
#### DIFFICULT TO WAKE / LETHARGIC

Meningitis sometimes makes your baby feel lethargic. They may be difficult to wake or drowsy, floppy and unresponsive.



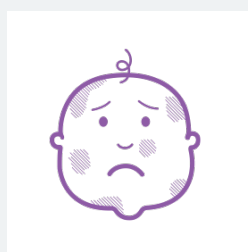
#### HIGH PITCHED MOANING CRY OR WHIMPER

If your baby has a high pitched moaning cry, or is continuously whimpering, check for any other symptoms



#### STIFF NECK OR ARCHING BACK

A baby who is drawing their neck back and arching their back, and/or has a bulging fontanel (soft spot on the top of your baby's head), is showing strong signs of meningitis.



#### PALE, BLOTCHY COMPLEXION

Pale, blotchy skin, with spots or a rash can be a symptom of meningitis. If your baby's skin is dark, look at areas of skin that are lightest (e.g. eyelids and palms of hands). To check for a rash caused by meningococcal bacteria, press a glass against the skin. If you can still see the rash through the glass, there's a high chance that it's a meningococcal rash.

**Every Second Counts** The person's condition may get worse very quickly so it is important to **trust your instincts** – if you suspect meningitis, seek medical help immediately

**CALL 111** if it's a medical emergency

**CALL 0800 611 116** to talk to a registered nurse for healthcare advice

**CALL 0800 IMMUNE (0800 466 863)** for immunisation facts

[www.meningitis.org.nz](http://www.meningitis.org.nz) | [info@meningitis.org.nz](mailto:info@meningitis.org.nz)



 **MENINGITIS  
FOUNDATION**  
AOTEAROA NEW ZEALAND