

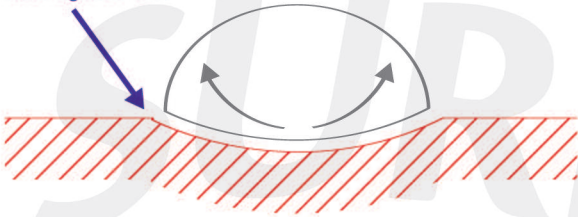
MENINGITIS EMERGENCY PACK



Use the chart and if a rash is present the rash test bar. If the patient exhibits any of the symptoms shown in the Meningitis Research Foundation chart, or any rash does not disappear when the bar is pressed on it, do not hesitate to take action immediately as septicaemia and meningitis require urgent treatment.

USING THE RASH TEST BAR

Place side with label against skin



Press the bar firmly on the rash and rock it gently from side to side. If the rash does not disappear seek help immediately.

Please keep this Symptoms Chart and test bar in the box supplied and put the test pack where you can find it in an emergency.

It is also advised that you keep a pack in your car or handbag as a precaution when you are away from home.

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A contribution from every pack goes to the...

Meningitis
 Research Foundation



Know the Symptoms Please keep this for reference

- Meningitis and septicaemia can be hard to recognise at first. Symptoms can appear in any order, but the first symptoms are usually fever, vomiting, headache and feeling unwell, just like many mild illnesses. The 'red flag' symptoms often appear earlier than meningitis symptoms like neck stiffness and dislike of light, and before the more serious symptoms.
- Not everyone gets all of these symptoms.
- Septicaemia can occur with or without meningitis.

| | Septicaemia | Meningitis |
|---|-------------|-----------------------------------|
| Fever and/or vomiting | | |
| Severe headache | | |
| Limb/joint/muscle pain (sometimes stomach pain/diarrhoea) | | |
| Cold hands and feet/shivering | | |
| Pale or mottled skin | | |
| Breathing fast/breathless | | |
| Rash (anywhere on the body) | | Not present in all cases |
| Stiff neck | | Less common in young children |
| Dislike of bright lights | | Less common in young children |
| Very sleepy/vacant/difficult to wake | | |
| Confused/delirious | | |
| Seizures (fits) may also be seen | | |

For more information about meningitis and septicaemia or about the symptoms call Meningitis Research Foundation's **Freefone** 24 hour helpline.

UK 080 8800 3344 ROI 1800 41 3344