**KNOW**

Know the signs and symptoms, which can include:

- Headache, fever, drowsiness, a stiff or painful neck, sensitivity to light, vomiting, shivering, cold hands or feet, muscle or joint pain, change in skin colour.
- A late-stage rash may also develop which can start off as a spot, blister, pinpricks and later purple bruise-like blotches.

**CHECK**

- Check that vaccinations are up to date for family members and discuss with your doctor the different vaccines available to prevent meningococcal disease.
- Children aged 12 months receive a vaccine for meningococcal C serogroup, but this does not protect against the other serogroups. Ask your doctor for more information.

**ACT**

- Act quickly if you suspect meningococcal disease.
- Don't wait for the rash - go straight to your doctor or hospital.
- Ask them to rule out meningococcal disease.


Age: 6 Months

Blake woke at 5:30am as usual, but by 10:00am he was feverish and vomiting and by 12:30pm Blake's parents noticed a purple blotch like mark in his groin and two small pinpoint spots on his upper leg.

They rushed him to the hospital. Within 20 minutes Blake lost consciousness and was taken to resuscitation where he was prepared to be sent to ICU.

By the time he reached ICU he was covered in a purple bruise like rash and remained unconscious. Doctors diagnosed meningococcal septicaemia. After unsuccessful attempts to save him, Blake passed away the following afternoon.

Example of late-stage rash which can start off the like a pin prick and later develop into bruise like blotches.

*Image courtesy of Media One*

References: