



RCEM
Royal College
of Emergency
Medicine



Safety Flash

November 2021

Meningitis and septicaemia



Meningitis cases rise in winter months

Could this be meningococcal disease?

- Meningitis can be difficult to identify, particularly in the early stages
- Symptoms may mimic flu or other common infections
- LIMB PAIN, COLD EXTREMITIES and ABNORMAL COLOUR are EARLY sepsis symptoms
- Don't wait for a rash or decreased conscious level
- Deterioration can be rapid
- *If you suspect it, treat it & call for help!*

Early treatment saves lives!

RCEM has teamed up with Meningitis Research Foundation to provide resources to help doctors in the diagnosis and treatment of meningitis and septicaemia. The resources incorporate the NICE Guideline Meningitis (bacterial) and meningococcal septicaemia in under 16s: recognition, diagnosis and management CG102.

Useful resources

[Lessons from research for doctors in training: recognition and early management of meningococcal disease in children and young people](#)

[Management of bacterial meningitis in children and young people](#)

[Management of meningococcal disease in children and young people](#) / Order free copy [here](#) / [Signs and symptoms](#) / [What to do if your child is unwell](#)

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