

# MENINGITIS + SEPTICAEMIA

Meningitis  
NOW

Meningitis is a serious condition where the protective layers around the brain and spinal cord become inflamed. Septicaemia is when the bacteria enter the bloodstream to cause blood poisoning. They can happen to anyone, so it's important to know the symptoms and risks.

Early symptoms, such as fever, vomiting, aches, muscle pain, cold hands and feet and headaches, can look similar to common illnesses like colds or flu. But someone with meningitis or septicaemia will usually become seriously ill in a matter of hours. That's why it's crucial to keep checking on anyone who is unwell.

## MENINGITIS SYMPTOMS?

- fever
- a very bad headache (this alone is not a reason to get medical help)
- vomiting
- stiff neck
- dislike of bright lights
- rash (DO NOT wait for a rash to appear before seeking medical advice)
- confusion, delirium
- severe sleepiness, losing consciousness
- fits

## SEPTICAEMIA SYMPTOMS?

- fever and shivering
- severe pains and aches in limbs and joints
- vomiting
- very cold hands and feet
- pale or blotchy skin
- rapid breathing
- diarrhoea and stomach cramps
- red or purple 'bruised' or blotchy rash on skin that does not fade under pressure - do the glass test. On dark skin, check paler areas of the skin, such as the palms of the hands, soles of the feet, inside the mouth (roof), and the eyelids
- difficulty walking or standing
- severe sleepiness, losing consciousness

If you become worried about yourself, your child, or a friend, particularly if symptoms are getting worse, seek medical help urgently.

**EARLY TREATMENT CAN BE LIFE-SAVING.**

# Online Safety

## **ZEPETO**

Zepeto has an age rating of over 13. Users create their own avatars and can design rooms. ZEPETO is a social networking app and therefore users can chat with others. Due to the communication option, there are the usual risks, such as your child seeing inappropriate content or online bullying. In-App purchases are also available on this platform. Parental controls are not available, but a user can change some settings within privacy and content settings, for example to change who can directly message you. Internet matters has some advice for parents: <https://www.internetmatters.org/advice/apps-and-platforms/online-gaming/zepeto/>

## **Online Challenges**

According to Ofcom's Children's Media Use and Attitudes report "funny videos or those showing pranks or challenges continue to be the most popular type of VSP (video-sharing platforms) content for children, watched by 68% of 3-17-year-olds who watch videos."

If your child is watching this type of content, then you need to chat to them regularly, particularly about online challenges and the risks that they can pose. There are challenges online that are risky/dangerous. Sadly, there are reports that children have been seriously injured or in some truly tragic cases died as a consequence of attempting online challenges.

Children may not yet have developed the skills and ability to critically analyse that what they see online is not always safe for them to replicate. Make sure your child knows that they should talk to you (or another trusted adult) if they are thinking about trying something that they have seen online.

If your child has not heard about an online challenge, then do not draw attention to it as this may lead to them searching for it out of curiosity, so just talk about challenges in a general sense. Furthermore, reassure your child that challenges that suggest that terrible things will happen if they do not complete the tasks are not real. The following link will provide you with further information as well as content to help you talk to your child: <https://www.internetmatters.org/resources/online-challenges-guide/>

