



UK Health  
Security  
Agency

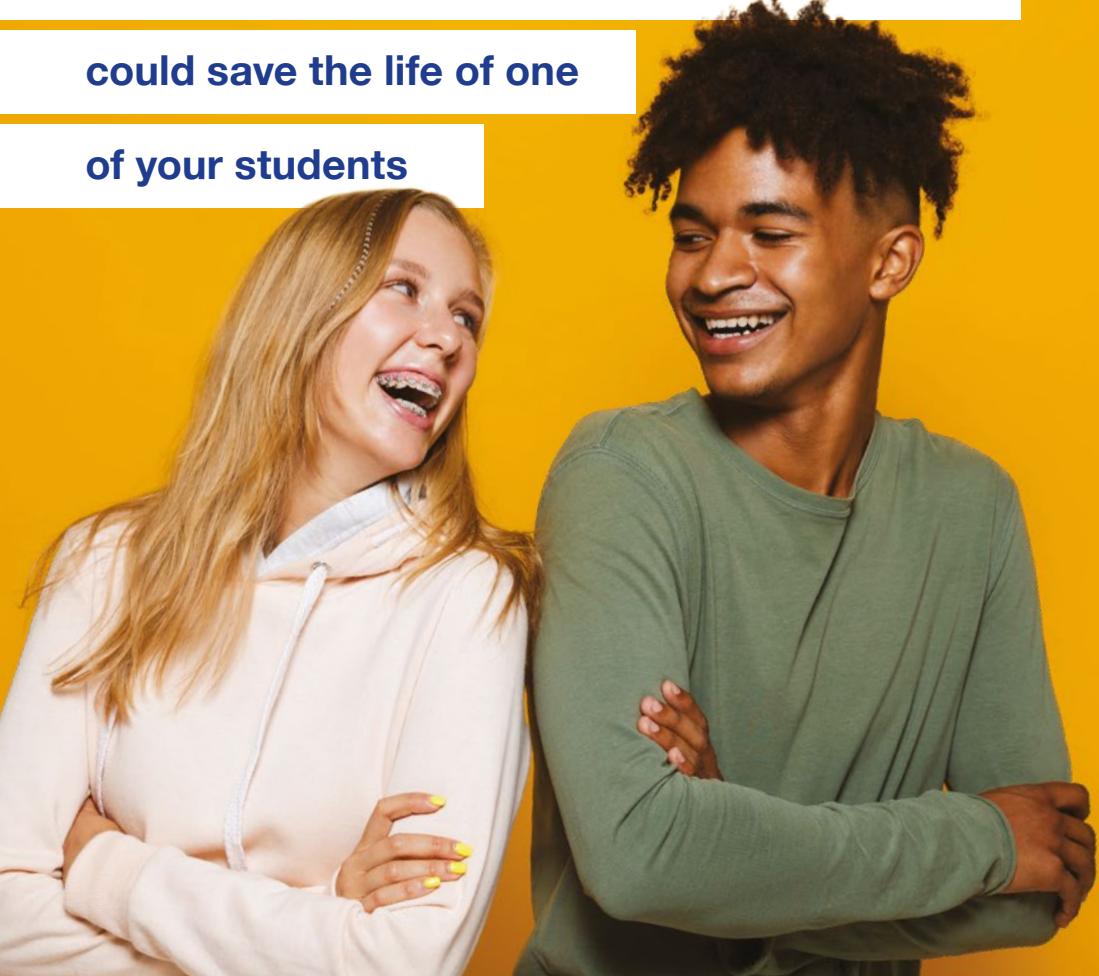
# Save a life?

**Awareness of meningococcal disease**

**(that causes meningitis and/or septicaemia)**

**could save the life of one**

**of your students**

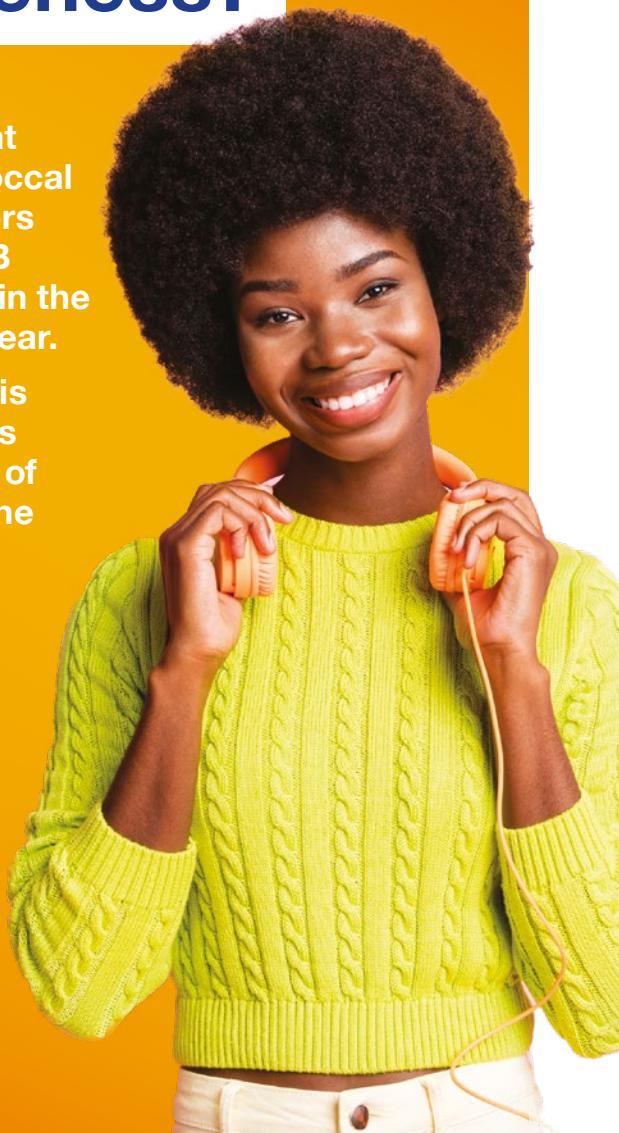


# Why do we need to raise awareness?

University students are at higher risk of meningococcal disease and case numbers of one form of this (MenB disease) have increased in the 2021 to 2022 academic year.

Meningococcal disease is serious. It usually causes meningitis (inflammation of the membranes around the brain and spinal cord) and/or septicaemia (blood poisoning).

Meningococcal disease can progress very rapidly to a life-threatening condition and early treatment saves lives.



# What can we do?

Raise awareness of signs and symptoms of meningococcal disease. This is important even after MenACWY vaccination because this vaccine can't protect against all forms of meningococcal disease including MenB



Make sure one of the 'Save a life' stickers is placed in a visible place in all student accommodation however large or small and in traffic areas such as study rooms, break out rooms, kitchens, halls, gyms, etc.



Remind students to make sure they have had their free MenACWY vaccine. This protects against 4 of the most common forms of meningococcal disease



Support students in having someone they can tell if they or one of their friends is ill



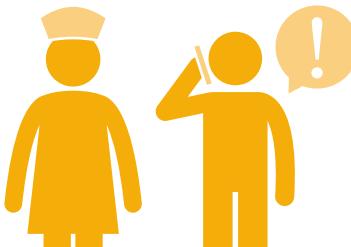
Encourage students to regularly check on friends who are ill



Ensure they know to contact NHS111 for medical advice and to ring 999 in a medical emergency



Stress the importance of seeking medical advice early if they become worried about their own or someone else's health



## How can we do this?

The UK Health Security Agency (UKHSA) and the meningitis charities Meningitis Research Foundation (MRF) and Meningitis Now have a range of resources that can be ordered free of charge to help communicate these messages to your students. This includes self-adhesive notices, leaflets, posters, social media posts and banners that summarise all the key messages including the main signs and symptoms of meningococcal disease.

Details of these resources and how to order them are enclosed.

### Thank you for helping us to keep students safe.

More information on the full UKHSA communications toolkit for COVID-19, MenACWY and measles, mumps and rubella (MMR) can be found at:

[https://bit.ly/  
VaccinationUniToolkit](https://bit.ly/VaccinationUniToolkit)

## Digital Resources

You can register at the Health Publications website to order free resources for students on MMR, COVID-19 and MenACWY at [healthpublications.gov.uk](https://healthpublications.gov.uk) or call 0300 123 1002 to place your order today (9.00am to 5pm Monday to Friday)

## Save a life sticker



Our ambition is to make sure one of these stickers is visible in all student locations including student accommodation (all types). Knowing how to get your MenACWY vaccine, what the signs and symptoms of meningococcal disease are, to inform someone when you are ill and where and when to get medical help quickly can save lives.

The sticker is made of microadhesive and adheres to most surfaces safely and can be repositioned several times if required. Importantly it can be reused for each year, saving waste and damage to the environment. Please use the stickers wisely and make sure cleaning teams, accommodation providers understand the importance of keeping the stickers visible in all locations and not disposing of them unnecessarily. Please order the free stickers at <https://qrco.de/MENBST1> using the product code: MENBST1

## Social media cards

Promote awareness across social channels



To download the social media cards, visit <https://bit.ly/3HH7n98>



## Video version

Video and communications toolkit for higher education: <https://bit.ly/3Lle1Ek>

## University and college posters

University Product code: MENBST4  
<https://qrco.de/MENBST4>

College Product code: MENBST5  
<https://qrco.de/MENBST5>



## Pull up banner artwork for local printing

Product code: MENBST3  
You will need to use a commercial printer to print the banner artwork.  
<https://qrco.de/MENBST3>

## Video and GIF banners for websites



Product code: MENST6  
<https://qrco.de/MENST6>

## Meningitis Now Resources

Meningitis Now has a wide range of really useful student awareness resources, including fridge magnets, signs and symptoms cards, beer mats, and posters. These can be dispatched to universities at any time. These and other meningitis awareness materials, designed especially for universities and students themselves, can be ordered online [here](#):

[www.meningitisnow.org/unis](http://www.meningitisnow.org/unis)

You can also download their digital resources pack, including videos from parents and survivors of meningitis, for use on TV screens and computers, and for social media, here:

<https://bit.ly/3okj5Pi>

**Septicaemia**

Some bacteria can cause **septicaemia** (blood poisoning). People with septicaemia need to be treated with a **strong antibiotic** given by a doctor or nurse. This can be given by a **needle in the vein** or a **pill** that can be taken by mouth.

**THREE SIGNS OF SEPTICAEMIA**

- **HIGH TEMPERATURE**
- **LOW BLOOD PRESSURE**
- **GOING COLD** (GOING BLUE)

**DO THE GLASS TEST**

Never with septicaemia that has not been treated, the skin will feel **very cold** to the touch. If you suspect someone has septicaemia, **DO NOT WAIT FOR A RASH** (if there is one). **DO NOT WAIT FOR COLD SKIN**. **DO NOT WAIT FOR LOW BLOOD PRESSURE**.

- **ON DARK SKIN**, the septicaemia can be more difficult to see. Do not wait for a rash.
- Do **as many of the signs as you can**.



Press the idea of a **clear glass firmly against the skin**. If the skin is **blue** or **purple**, **Septicaemia may be developing**. **Call 999 or 112 and keep checking**.

**Meningitis. Are you vaccinated?**

**Check it, don't chance it.**

Remember to check in on your vaccination status. Make sure you're fully protected and to reduce the risk of meningitis and septicaemia.

The MenACWY vaccination, against four types of meningitis and septicaemia, is free for all children aged 12-13 years old. All you need to do is make an appointment with your GP.

**Meningitis - check it, don't chance it.**



**MenACWY**

Remember to check in on your vaccination status. Make sure you're fully protected and to reduce the risk of meningitis and septicaemia.

The MenACWY vaccination, against four types of meningitis and septicaemia, is free for all children aged 12-13 years old. All you need to do is make an appointment with your GP.

**Meningitis - check it, don't chance it.**



**MenACWY**

**MENINGITIS AND SEPTICAEMIA CAN KILL**

As a student you are at risk. Have you had your **MenACWY** vaccine?

Register with your GP online or over the phone. **GOV.UK**



**GOV.UK**

Register with your GP online or over the phone. **GOV.UK**



**GOV.UK**



For more information, and to order, please email [info@meningitisnow.org](mailto:info@meningitisnow.org) or call 01453 768000

**The Meningitis Now Helpline can also be called  
on 0808 80 10 388**

# Meningitis Research Foundation resources

Meningitis Research Foundation Winter Awareness campaign:  
[meningitis.org/winter2021](https://meningitis.org/winter2021)

## Winter Awareness Toolkit

- Ensure vaccines are up-to-date:  
[meningitis.org/meningitis/vaccine-information](https://meningitis.org/meningitis/vaccine-information)
- Signs and symptoms:  
[meningitis.org/meningitis/check-symptoms](https://meningitis.org/meningitis/check-symptoms)

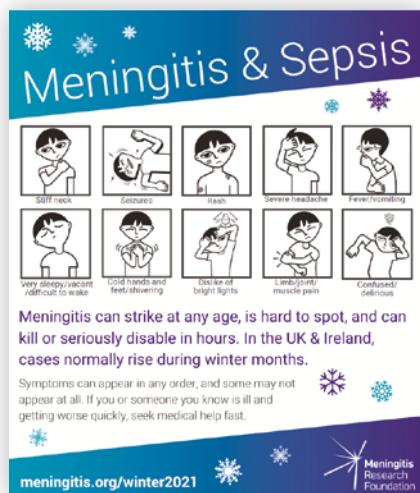


- Signs and symptoms video:  
[youtube.com/watch?v=SggpENs1JZI](https://youtube.com/watch?v=SggpENs1JZI)

- Help and support:  
[meningitis.org/get-support/get-support](https://meningitis.org/get-support/get-support)
- Resources to order: [meningitis.org/healthcare-professionals/resources](https://meningitis.org/healthcare-professionals/resources) (including Symptoms for Students and Meningitis and Septicaemia: Know the Symptoms)

To order printed copies:

- Call the Meningitis Research Foundation helpline:  
**080 8800 3344**
- Email:  
[helpline@meningitis.org](mailto:helpline@meningitis.org)
- Live chat:  
[meningitis.org/get-in-touch](https://meningitis.org/get-in-touch)



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Order your Save a life stickers now at Health Publications website: <https://www.healthpublications.gov.uk/ViewArticle.html?sp=Ssavealifemenacwyandsignssymptomsunihallssticker>

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## [meningitis.org](http://meningitis.org)

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-  [instagram.com/meningitis\\_research](https://www.instagram.com/meningitis_research)
-  [facebook.com/meningitisresearch](https://www.facebook.com/meningitisresearch)
-  [@M\\_R\\_F](https://twitter.com/M_R_F)

## [www.meningitisnow.org](http://www.meningitisnow.org)

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