



UK Health
Security
Agency

NHS

Keep me where I can
be seen by all students.
Don't throw me away,
reuse me for next year!

Hangover? Freshers flu? or meningitis?

#Meningitis can be very serious if not treated quickly.
Know the signs and symptoms of meningitis and septicaemia:

**Fever and/or
vomiting**



Severe headache



**Limb, joint, muscle
pain, stiff neck**



**Cold hands and
feet, shivering**



**Pale or mottled
skin, or rash**



**Breathing fast,
breathless**



**Dislike of bright
lights, seizures (fits)**



**Very sleepy, difficult
to wake, vacant,
confused or delirious**



Symptoms of meningitis and septicaemia can appear in any order and not everyone has all the symptoms.

Look out for your mates. Tell someone if you or someone else is ill. Check in regularly to make sure they are OK or so that someone knows you are OK.

Seek medical advice quickly if you are worried, call NHS **111**.

Act fast – if someone is ill and getting worse quickly, get medical help immediately, and call **999** in a medical emergency.

#Vaccines offer the best protection. If you are a student under 25 years of age and have not yet had the MenACWY vaccine, ask your GP or visit [NHS.UK](https://www.nhs.uk/conditions/vaccinations/men-acwy-vaccine) to find out about MenACWY vaccine: [nhs.uk/conditions/vaccinations/men-acwy-vaccine](https://www.nhs.uk/conditions/vaccinations/men-acwy-vaccine)

Meningococcal disease is an important cause of meningitis and septicaemia. MenACWY vaccine is very effective against 4 common kinds of meningococcal disease but won't protect against others, like MenB.