It's easy to mistake meningitis and septicaemia for freshers flu, COVID or even a hangover. But meningitis can kill. Fast. Don't be in a race against it.

Know the symptoms. Know they can appear in any order. Know not everyone gets every symptom. **Know you could save someone's life.**

Remember:

- Always trust your instincts and get professional medical help. Fast.
- > Best way to protect yourself? Make sure you've had your MenACWY vaccine. Not sure if you've had it? Speak to your doctor.
- But remember the MenACWY vaccine doesn't protect against all strains of meningitis. So, know these symptoms and tell your friends about it. Be meningitis aware.

