



Lauren Sandell died in her first few weeks at uni from a deadly new type of **meningitis** that's spreading amongst students. Make sure you've had the life-saving vaccine.

One Life. One shot.

Who can get this meningitis vaccine free?

The MenACWY vaccine is usually offered to teenagers in school year 9 or 10 (England and Wales), year 11 (NI) and S3 (Scotland).

If you live in England, Wales and Northern Ireland and missed out on getting your MenACWY vaccine at school, you can still get it if you are aged under 25.

If you live in Scotland and you missed out on getting your MenACWY vaccine, you can still get it if you are in school year S3 to S6.

University students are at increased risk so it is important for students to check if they have been vaccinated as soon as possible and preferably before heading off to university. Students going to Scottish or Irish universities from other parts of the UK should make sure they get their vaccine at home because they may not be able to access the vaccine when they arrive.

Free helpline:

UK **080 8800 3344** | Ireland **1800 41 33 44**

Check if you are eligible and find out where to get the vaccine at:

www.meningitis.org/oneshot

- Get vaccinated.
- Know the symptoms – it can feel like a very bad hangover that gets quickly worse.
- Look out for your friends.
- Act fast.

