

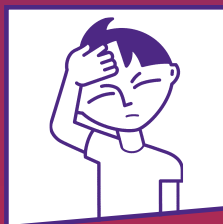
Freshers' flu? Hangover? Or meningitis?

Meningitis is deadly. Students are at higher risk.

- Know the symptoms - it can feel like a very bad hangover.
- Look out for your friends.
- Act fast - if someone is ill and getting worse quickly, get medical help immediately.



Fever and/
or vomiting



Severe headache



Limb, joint,
muscle pain



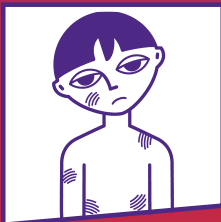
Cold hands and
feet, shivering



Pale or
mottled skin



Breathing fast,
breathless



Rash



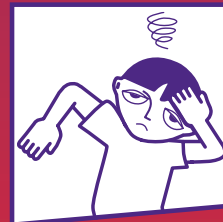
Stiff neck



Dislike of
bright lights



Very sleepy, difficult
to wake, vacant



Confused/
delirious



Seizures (fits)

Meningitis and septicaemia symptoms can appear in any order.
Not everyone gets all the symptoms.

Free helpline:

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

www.meningitis.org

