



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 (England and Wales), year 11 (NI) and S3 (Scotland).

If you are over 14 and have not had this vaccine at school or from your GP you can still get it if:

- You are starting university for the first time and aged under 25
- You were born after 1 September 1996 (England and Wales) or born after 2 July 1996 (Northern Ireland)
- You are in Scottish School year S3 to S6

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.

Free helpline:

UK 080 8800 3344 | Ireland 1800 41 33 44



Meningitis
Research
Foundation

Freshers' flu? Hangover? Or meningitis?



Fever and/
or vomiting



Severe
headache



Limb, joint,
muscle pain



Cold hands
and feet,
shivering



Pale or
mottled skin



Breathing
fast,
breathless



Very sleepy,
difficult to
wake, vacant



Rash



Stiff neck



Dislike of
bright lights



Confused/
delirious



Seizures
(fits)

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