

flu,

hangover, or

meningitis?

Look out
for your
mate



You may have had the MenC vaccine that protects against meningitis C but there are other bacteria that cause meningitis and septicaemia. They are spread by **coughing, sneezing** or direct contact such as **kissing**. Outbreaks are more likely to occur in places where people live or work closely together in large groups.

The important thing to know is that **meningitis and septicaemia can develop very rapidly**, sometimes within a matter of hours.

The biggest problem, however, is that most of the early symptoms are mild and similar to those you get with flu or even a hangover, for example:

- **vomiting**
- **feeling feverish**
- **pain in the back or joints**
- **a headache**
- **a stiff neck.**

But if any of the following symptoms develop:

- **severe dislike of light**
- **disorientation**
- **a bruise-like rash that doesn't fade under pressure, or**
- **coma**

**get medical help urgently —
early treatment saves lives!**

If you keep an eye out for your friends, and aren't afraid to ask them how they're feeling, **you could be saving their life.**

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