

Protect yourself against **MENINGOCOCCAL MENINGITIS AND SEPTICAEMIA**

Meningococcal meningitis (swelling of the brain lining) and septicaemia (blood poisoning) are caused by meningococcal bacteria.

HELP PROTECT YOURSELF

All freshers under 25 years should make sure they have had their free MenACWY vaccine. Students who missed the vaccine at school can get it before their 25th birthday.

Check with your GP practice and make an appointment.

BE INFORMED

Make sure you know the common signs and symptoms of meningococcal meningitis and septicaemia.

Check these at meningitis.org and meningitisnow.org

GET MEDICAL ADVICE

If you are worried about your own or someone else's health go to 111.nhs.uk or dial 111.

In a medical emergency dial 999.



**For more information, speak to your GP surgery, or visit
www.nhs.uk/vaccinations, www.meningitis.org or www.meningitisnow.org**