

**8am: Hungover?**

**10am: Feeling worse**

**4pm: Hospital**

**10pm: Died from  
meningitis**

**Fever and/or  
vomiting**

**Severe  
headache**

**Limb/joint/  
muscle pain**

**Stiff neck**

**Cold hands  
and feet/  
shivering**

**Dislike of  
bright lights**

**Pale or  
mottled skin**

**Confused/  
delirious**

**Breathing  
fast/  
breathless**

**Very sleepy/  
vacant/difficult  
to wake**

**Rash**

**Seizures  
(fits)**



**Meningitis and septicaemia kill:  
Knowing the symptoms could save your life**

Visit **[www.meningitis.org](http://www.meningitis.org)**

Or call our **Freefone 24 hour helpline:**

**080 8800 3344** (UK) **1800 41 33 44** (Republic of Ireland)

**Meningitis**  
Research Foundation





**Friday evening:**  
**Doing make-up**

**8pm: Feeling ill**

**24 hours later: Died  
from septicaemia**

**Fever and/or  
vomiting**

**Severe  
headache**

**Limb/joint/  
muscle pain**

**Stiff neck**

**Cold hands  
and feet/  
shivering**

**Dislike of  
bright lights**

**Pale or  
mottled skin**

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# Don't drop out because of meningitis



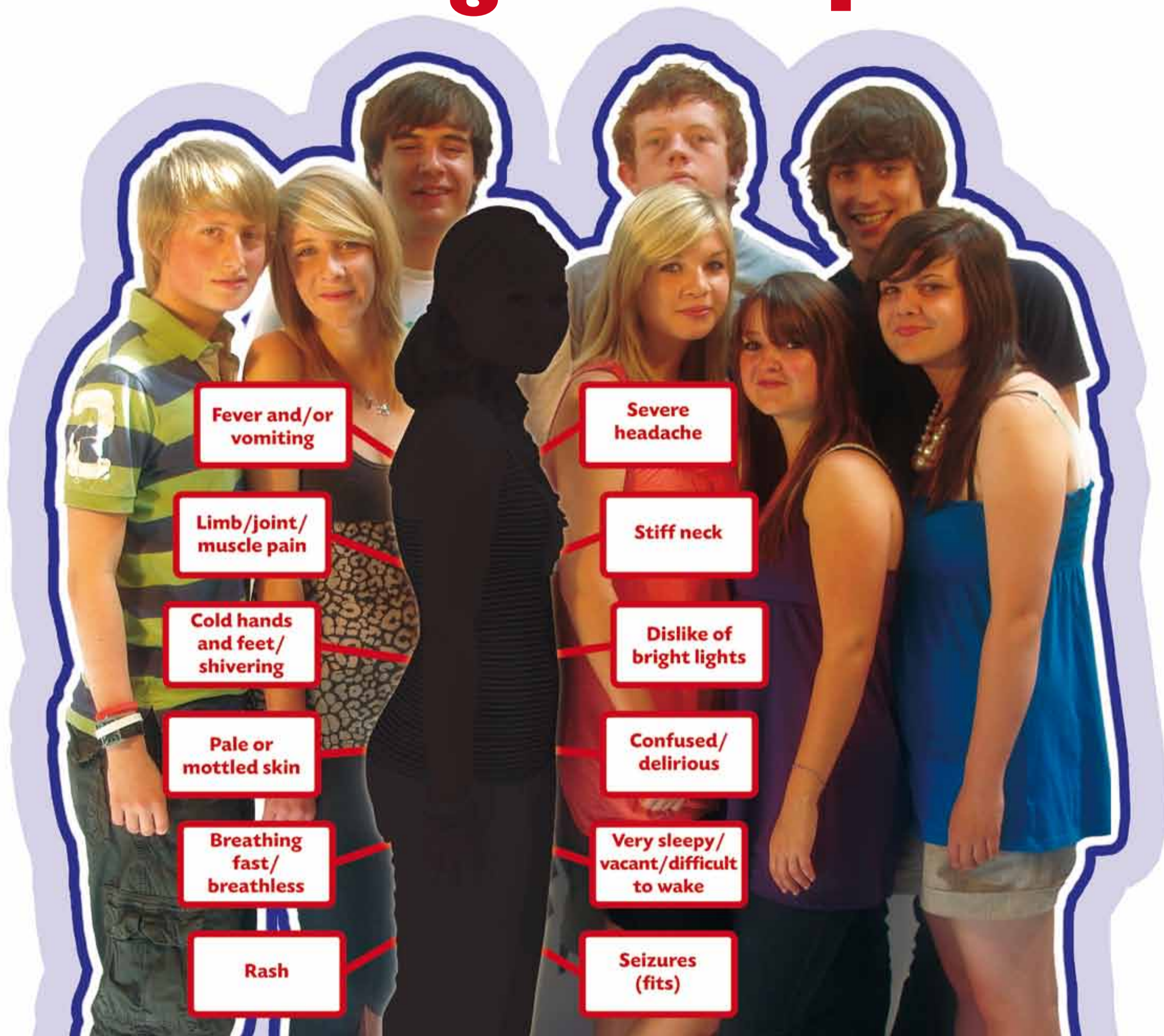
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# Emily didn't make the pub last night. She died from meningitis at 4pm.



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