

**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**

**Confused/  
delirious**

**Breathing  
fast/  
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# Don't drop out because of meningitis



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vomiting

Limb/joint/  
muscle pain

Cold hands  
and feet/  
shivering

Pale or  
mottled skin

Breathing  
fast/  
breathless

Rash

Severe  
headache

Stiff neck

Dislike of  
bright lights

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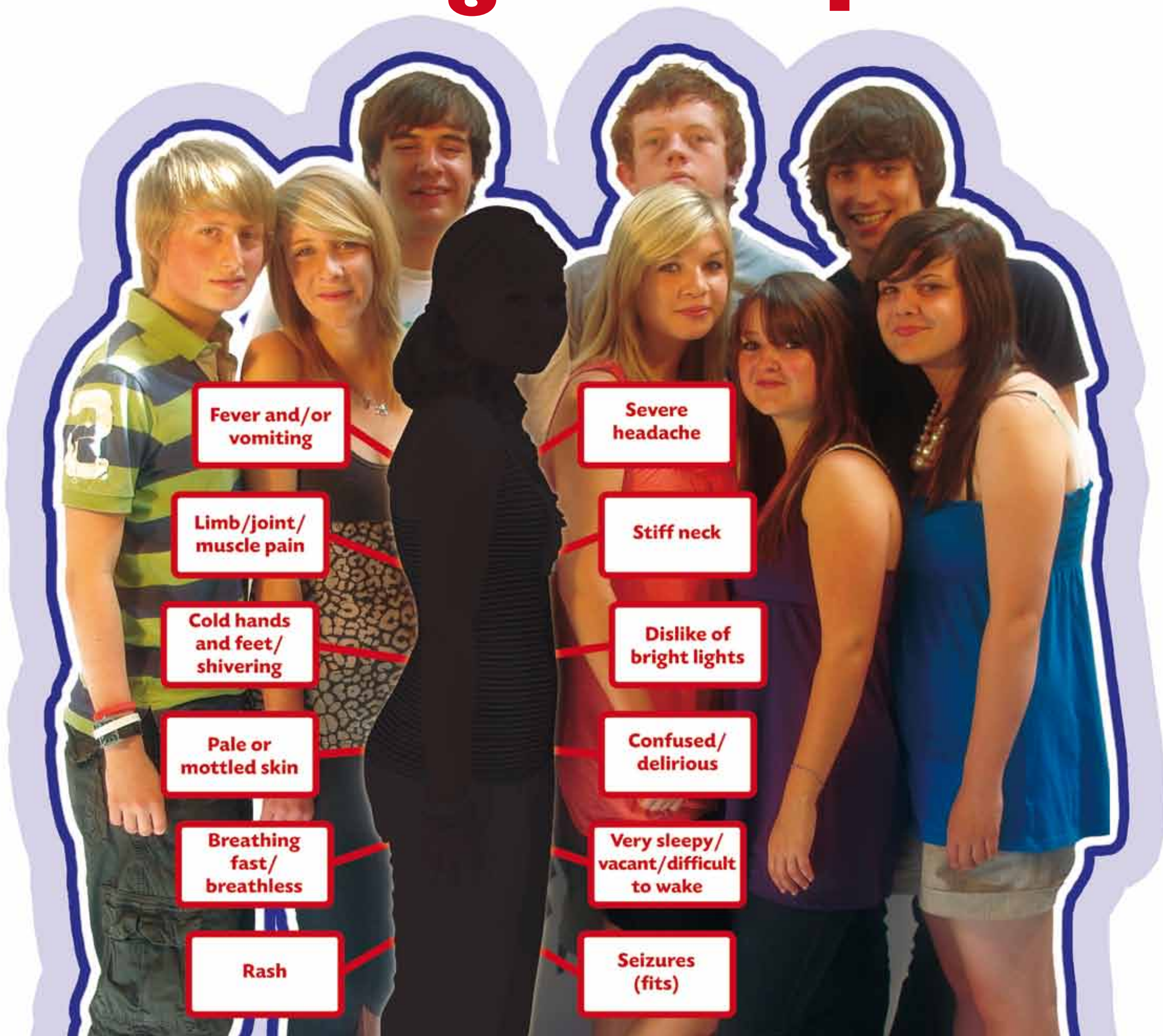
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# Emily didn't make the pub last night. She died from meningitis at 4pm.



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