flu, hangover, or meningitis?

Look out for your mate
The bacteria which cause meningitis and meningococcal disease 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 the disease can develop very rapidly, sometimes within a matter of hours.

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

- vomiting;
- feeling feverish;
- pain in the back or joints;
- a headache; and
- 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 can save their life.