

Stop the Spread of Haemophilus Influenzae Type B (Hib)



WASH YOUR HANDS

Wash your hands often with soap and water for 20 seconds.



CLEAN AND DISINFECT

Clean and disinfect surfaces that are touched a lot.



DO NOT SPREAD GERMS

Cough or sneeze into a tissue or into your elbow/sleeve.



GET YOUR VACCINE

The Hib vaccine can help protect you from Hib disease.



**CONNECT WITH A COUNTY OF SAN DIEGO
PUBLIC HEALTH NURSE FOR MORE INFORMATION**

**CALL: 1 (866) 358-2966 OPTION 5
EMAIL: PHS-IZPHN.HHSA@SDCOUNTY.CA.GOV**

