

Protect Yourself, Stop The Spread.

# KEEP GOOD HYGIENE

Help Stop Meningitis B On Campus

## ALWAYS



Cough and sneeze into a tissue or your sleeve.



Use hand sanitizer.



Avoid drinking from common sources.



Wash hands regularly.

## DON'T



Share water bottles.



Share smoking materials.



Share eating utensils.



Share cosmetics.

Serogroup B meningococcal disease, sometimes referred to as “meningitis B”, can be deadly within hours or days of getting sick. It can also lead to severe disabilities, such as loss of limbs. Protect yourself and others by getting vaccinated, practicing good hygiene, and knowing the symptoms.