



2500 Bates Avenue, Suite B, Concord CA 94520 | Phone: (925) 313-6740 | Fax: (925) 313-6465  
cchealth.org

## **K-12 Recommendations for Haemophilus influenzae type B Disease (Hib infection)**

Contra Costa County works closely with K-12 school partners to keep students, staff, and their families safe and healthy. Hib should be reported to your local Public Health Department when outbreaks, hospitalizations or deaths occur.

### **Symptoms:**

Children age 2 and under are most likely to develop symptoms, although those up to age 5 are still at some risk. Invasive disease most commonly occurs in children who are too young to have completed their vaccination series.


Typical symptoms of Hib are:

- Meningitis: unusual sleepiness, fever, stiff neck, vomiting, headache, irritability, lack of appetite.
- Cellulitis: a tender, rapid swelling of the skin, usually on the cheek or around the eye; may also have an ear infection on the same side and/or a low-grade fever.
- Epiglottitis: fever, trouble swallowing, tiredness, difficult and rapid breathing (often confused with viral croup, which is a milder infection and lasts longer.)
- Pneumonia: fever, cough, chest pains, difficulty breathing.
- Bacteremia: sudden onset of fever, chills, tiredness, irritability.
- Arthritis: swelling, redness, and loss of movement in the joints.

Please note that Haemophilus influenzae type B is a bacterial infection and not associated with the typical seasonal influenza. People can get infected when a person with Hib disease coughs or sneezes into the air and another person breathes them in. A person can also get infected from touching these secretions and then touching their mouth, eyes, or nose.

### **What can you do to prevent Hib infection:**

Vaccination is the most effective way to prevent Hib infection. All infants should receive Hib vaccine as part of their routine vaccination schedule. Infants need four doses of Hib vaccine by age 1. Most persons 5 years and older do not need Hib vaccine. However, discuss the need for vaccine with your health care provider if the individual has sickle cell anemia or have a



weakened immune system due to any of the following factors: HIV/AIDS, treatment with drugs such as long-term steroids, cancer treatment, bone marrow or organ transplant or a damaged spleen.

**What to do if you get Hib infection:**

- Children should be excluded from childcare and school until the child has been treated with antibiotics and is well enough to participate in routine activities.

For more information, please contact Contra Costa Public Health at 925-313-6740 or visit our website at <https://www.cchealth.org/health-and-safety-information/communicable-disease-program>.

For CDPH school guidance please visit

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>.