Controlling the spread of contagion in wildlife is a prominent immunological challenge. One method for doing this is to employ the use of self-disseminating vaccines: vaccines that are capable of spreading autonomously. We study the most efficient distributions of these vaccines using graphs. We determine the minimum number of self-disseminating vaccines required to contain the spread of a virus on the infinite n-dimensional Cartesian and strong grids, and include strategies to do so as quickly as possible