

STOP THE SPREAD OF COLD & FLU

REMEMBER THE **3 C'S**



1 CLEAN

Wash your hands often. Scrub your hands for at least 20 seconds with soap and water or use an alcohol-based hand cleaner.

2 COVER

Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. Don't have a tissue? Your sleeve will do.



3 CONTAIN

Contain germs by steering clear of others who are sick. If you do get sick, stay at home until you're well again, so you don't spread more germs.

