# STOP THE SPREAD OF FLU

# REMEMBER THE 3 C'S



#### 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? The crook of your elbow 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.

