STOP THE SPREAD OF 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? 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.