



**REMEMBER THE
THREE C'S
TO HEALTH:**



1- COVER;

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.



2- CLEANSE;

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.



3 – CONTAIN;

Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.