



# REMEMBER THE 3 C's!

Stay healthy and help stop the spread of coronavirus, influenza and other illnesses by following the 3 C's:

## Cover

Cough into the crook of your elbow or into a tissue that is immediately thrown away.



## Clean

Frequently wash your hands with warm water and soap for 20 seconds—about the time it takes to sing Happy Birthday twice.



## Contain

Stay home when you are sick until you have been free of fever for 24 hours.



Visit [cdc.gov](https://www.cdc.gov) for additional information.

For a better us.