



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.