

# 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.



For more information, visit [www.texasflu.org](http://www.texasflu.org)