![C:\Users\pmbuchanan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GM0OKOSO\MC900098035[1].wmf]()![C:\Users\pmbuchanan\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\7HLDFJS3\MC900441805[1].png]()

**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.**

**3 Contain**

**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.**

**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**

**1 Clean**

**Know the 3 C’s**