



REMEMBER THE 3 C's

Help stop the spread of cold and flu by remembering the 3 C's!

1: CLEAN

Wash your hands regularly using alcohol-based sanitizers.

2: COVER

Cover your mouth when you cough or sneeze. Be sure to dispose of tissues properly.

3: CONTAIN

Don't share your utensils, use your own pen or pencil, and avoid touching your eyes, mouth, and nose in order to contain cold and flu germs.

Help keep our EIU community healthy!

www.eiu.edu/health

creating a healthy campus community
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