

PREVENT
THE SPREAD OF

**THE FLU,
COLD, AND
CORONAVIRUS**

REMEMBER THE 3 C'S



1 CLEAN

Wash your hands regularly with soap and hot water, not stopping until you have sung the ABC's twice. Clean and disinfect surfaces (door handles, keyboards, desks, writing utensils, cellphone).



2 COVER

Cover your mouth when you cough or sneeze. Use tissues and dispose of them properly. If you do not have tissues, sneeze/cough into your elbow.



3 CONTAIN

Do not share drinks or utensils. Use your own pens and pencils. Avoid touching your mouth, eyes, and nose. Stay home if you are sick.

HELP KEEP EIU HEALTHY!

Health & Counseling Services 

EASTERN ILLINOIS UNIVERSITY™