

STOP THE SPREAD OF FLU

REMEMBER THE 4 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.



4 CALL

Call or see your doctor if you or your child has a fever of greater than 100 degrees.



It's important to remain calm and get the facts.



For more information, call 211 or visit www.elpasotexas.gov/health.