



stop the flu
it starts
with **you**

Remember
the **3 C's**



Clean your hands

Wash your hands with soap and warm water after coughing, sneezing, or using the bathroom.

Cover your nose and mouth

Use a tissue when coughing or sneezing, if you don't have a tissue, cough or sneeze into your upper sleeve – not your hands.



Contain your germs

Stay home if you have the flu. If you have fever or chills AND a cough, or sore throat tell your teacher or school nurse.

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