

the **FLU**  
ends with **U**

clean · cover · contain

**Stay healthy and prevent illness**

**Remember the 3Cs**

- **clean**

wash your hands frequently to prevent the spread of germs

- **cover**

cover your cough or sneeze with a tissue or your sleeve,  
not your hand

- **contain**

contain your germs - stay home if you are sick

For more information visit:

[www.dekalbcountyhealthdepartment.org](http://www.dekalbcountyhealthdepartment.org)

Flu Hotlines English: 815-748-2410 Spanish: 815-748-2425

