



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.

Website: [kanehealth.com](http://kanehealth.com)

