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.

PASO DEL NORTE HEALTH FOUNDATION

CITY OF EL PASO DEPARTMENT OF PUBLIC HEALTH

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