



Preventing

Colds, flu and other viruses:

Practice the 3 C's

Clean your hands • Cover your cough • Contain your illness

What is Coronavirus?

Human coronaviruses are common throughout the world and usually cause mild to moderate upper-respiratory tract illnesses, like the common cold. These illnesses usually only last for a short amount of time. Symptoms may include fever, cough and shortness of breath. Symptoms may also include fatigue and loss of taste or smell.

Clean your hands.

Washing your hands often will help protect you from germs.

Practice good health habits.

Get plenty of sleep, be physically active, manage your stress, eat nutritious food, and drink plenty of fluids.