

AVOID THE 3-C'S

Here are places where COVID-19 spreads more easily:



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2 **3** Even as restrictions are lifted, consider where you are going and stay safe by avoiding the 3-C's

HOW CAN YOU STAY HEALTHY?

- Avoid crowded places and limit time in enclosed spaces.
- Maintain at least 6ft distance from others.
- When possible, open windows and doors for ventilation.
- Keep hands clean and cover coughs and sneezes
- Wear a mask if requested or if physical distancing is not possible.

Visit cchealth.org/coronavirus

RESPONSE
Coronavirus (COVID-19)

CONTRA COSTA
HEALTH SERVICES



Adapted from information provided by the World Health Organization