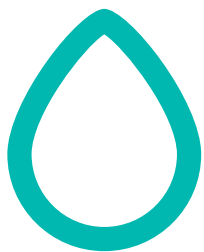


# STAY

# HEALTHY,

# CCA!



## WASH YOUR HANDS

20 seconds with soap  
and warm water



## TOSS YOUR TISSUES

and keep surfaces  
clean



## GET A FLU SHOT

it's not too late!

Follow these simple  
steps to prevent the  
spread of colds, flu,  
and other viruses:



**COVER YOUR COUGH**  
and your sneeze



**STAY HOME IF SICK**  
so you don't infect  
others

Health officials recommend the  
simple steps above as the best  
way to prevent colds, flu, and  
other respiratory infections,  
including the novel coronavirus  
2019-nCoV.

Learn more at

[portal.cca.edu/coronavirus](https://portal.cca.edu/coronavirus)