AVOID THE 3–C’S

Here are places where COVID-19 spreads more easily:

1. **Crowded Places** with many people nearby
2. **Close-Contact Settings** especially where people have close range conversations
3. **Confined & Enclosed Spaces** with poor ventilation

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

Adapted from information provided by the World Health Organization