

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

1

2

3

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

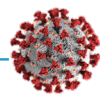
HOW CAN YOU STAY HEALTHY?

- 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