If you can use either an `if else if` sequence or a `switch` statement, the usual rule is to use a `switch` if you have three or more alternatives.

**The `break` and `continue` Statements**

The `break` and `continue` statements enable a program to skip over parts of the code. You can use the `break` statement in a `switch` statement and in any of the loops. It causes program execution to pass to the next statement following the `switch` or the loop. The `continue` statement is used in loops and causes a program to skip the rest of the body of the loop and then start a new loop cycle. (See Figure 6.4.)

**Figure 6.4. The `break` and `continue` statements.**