

# SHARING THIS IS *not* CARING.



**Don't influence others.  
Slow the Spread.**

Healthy habits can prevent the spread of colds and the flu. Cover your mouth when coughing or sneezing, stay home if you are sick, and wash your hands!

Check out the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

