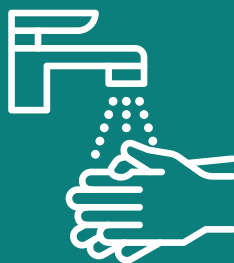


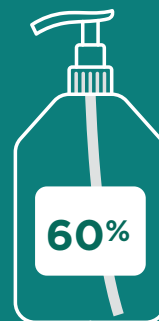
PROTECT YOURSELF AND OTHERS



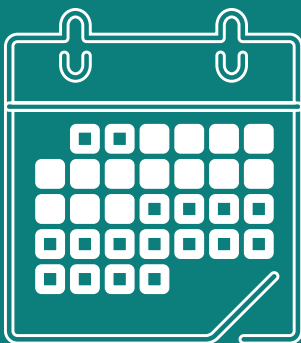
The flu virus can live on hard surfaces for up to 8 hours.



Wash **YOUR** hands with soap and water for 20 seconds.

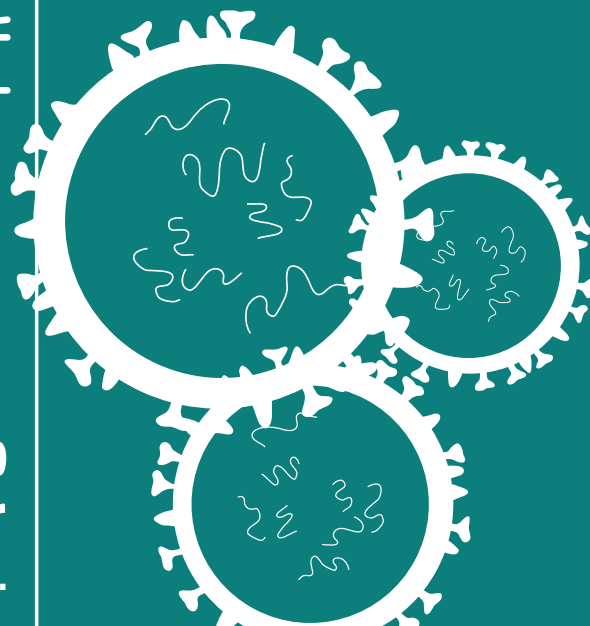


Use a hand sanitizer that includes at least 60 percent alcohol.



It takes 2 weeks to develop antibodies after you get a flu shot.

A flu shot will protect you against 3 to 4 flu strains.



Check out the Live Healthy section of www.BlueChoiceSC.com.

