

Are you ready? They're on the way.

# DON'T LET UNWANTED GUESTS IN.



Take smart steps to protect yourself and others against cold and flu viruses:

- Wash your hands often.
- Cover your coughs and sneezes.
- Talk to your doctor about getting the flu vaccine.

Learn more in the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

