

# SHARING THIS IS *not* CARING.



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

Healthy habits can prevent the spread of cold, flu and COVID-19.  
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).

