

# Do Your Part To Stay Healthy



Life Connected.

Follow these smart health tips to help prevent the spread of respiratory diseases.

**Stay home when you are sick, except to get medical care.**



**Avoid touching your eyes, nose and mouth.**



**Wash your hands often with soap and water for at least 20 seconds.**



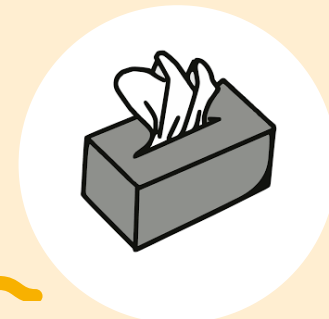
**Avoid close contact with people who are sick.**



**Clean and disinfect frequently touched objects and surfaces.**



**Cover your cough or sneeze with a tissue, then throw it in the trash.**



**Take steps to protect others. Wear a face mask if you are sick.**