

DON'T CATCH COVID-19 OR THE FLU

PREVENTION IS IN YOUR HANDS



Viral particles from an infected person's cough or sneeze can remain in the air for up to **THREE HOURS**.



You can reduce bacteria by up to **100 PERCENT** by cleaning your keyboard with an antibacterial wipe.



By washing your hands, you can lower your risk of catching a cold by **16 – 21 PERCENT**.



A sneeze can spread droplets up to **6 FEET AWAY**.



A typical office desk contains more than **10 MILLION** bacteria.

Learn more in the Live Healthy section of www.SouthCarolinaBlues.com.

