

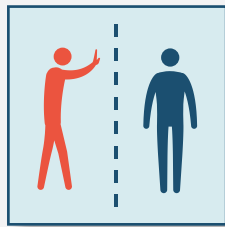
Social Distancing



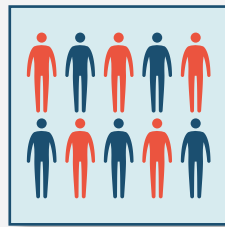
Reducing close contact with others can slow the spread of illness, including coronavirus disease 2019 (COVID-19). Here are some things you can do to keep you and others healthy.



Avoid handshakes and hugs for now.



Keep your distance from others.



Avoid large gatherings (those with 10 people or more).



Stay home if you are sick.

AT WORK



Decrease social contacts in the workplace (for example, meeting for lunch in a break room).



Consider virtual or telephone meetings instead of group meetings in conference rooms.



Limit your activities in common areas.



Limit non-essential work travel.



Don't share communal food. Put away your candy dishes and avoid shared snacks.

Check out www.BlueOptionSC.com/COVID-19 for more information.

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