

THE
DAYS
OF YOUR
FAMILY

MONDAY & MW E VIW
TUESDAY & THURSDAY GSRXEKMSYW
WEDNESDAY & FRIDAY UJMGMEPW LEZI
SATURDAY & SUNDAY SYXEVLE

► Keep it clean

Clean your hands with soap and water for 20 seconds after being in public areas, and if you're around someone who's feeling well. Also, clean frequently touched surfaces.

► Avoid

Avoid
to
you

► Cover

Te

8 E P O X S E H S G X S V 6

(EPP & . . | Teladoc.com/coronavirus

Download the app



TELADOC



Blue Cross
of Alabama