

# More of this?



# More of this.



Cold and flu season is here.

You can stop the spread of viruses by washing your hands regularly.

All it takes is warm water, soap and 20 seconds. You can do it.

**No matter where you want to go,  
there's only one way to get there:**



## ThedaCare®

  
@ThedaCare  
ThedaCare.org

  
ThedaCare®

 **Be Safe**  
WISCONSIN

  
@BeSafeWisconsin  
BeSafeWisconsin.com