

Live Well

Guidance for Flu Season

One in 10 people in the United States will get the flu in a given season, according to estimates from the [Centers for Disease Control and Prevention](#). And while viruses can live year-round, flu activity tends to rise in October and peak between December and February. Doing what you can to protect yourself and others from contracting the flu is essential.

Tips for Staying Safe During Flu Season

The following tips are ways to prevent and manage the spread of the flu:

- Get vaccinated if you can.

- Stay home if you feel sick.
- Wash your hands with soap and water for at least 20 seconds.
- Keep frequently touched surfaces clean.
- Avoid contact with people who are sick.
- Cover your mouth and nose when you sneeze or cough.
- Avoid touching your nose, eyes and mouth.

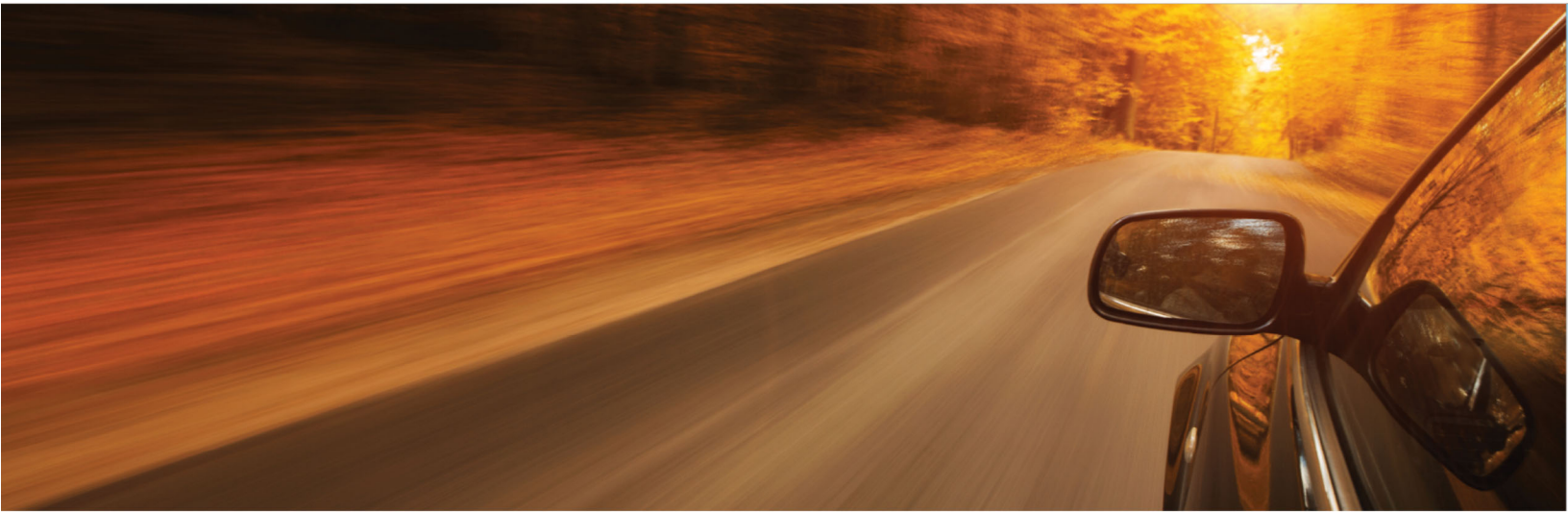
Contact a health care professional with questions about the flu vaccine and other preventive measures.

Safety Tips for Mobile Devices

October is Cybersecurity Awareness Month, which makes it a great time to review cybersecurity. Use the following tips to protect yourself and your mobile device from cybercriminals:

- Use strong passwords, a fingerprint identity sensor or a face recognition system to lock your devices.
- Avoid using public wireless networks and hotspots that are not secure.
- Keep your operating system and apps up-to-date.
- Disable Wi-Fi and Bluetooth settings when not in use.
- Avoid tapping on links from unknown senders through text messages, emails or other messaging apps.
- Never give out personal information over the phone, such as a bank account number or Social Security number.





Fall Driving Safety Tips

Fall brings much-anticipated sweater weather, football season and all things pumpkin, but it also comes with increased driving risks. A new season means new hazards to be aware of while on the road. Fall weather can be unpredictable, making it necessary to proceed with caution. While some accidents are unavoidable, most can be prevented with proper safe driving procedures.

Autumn Driving Tips

Fall weather can change unexpectedly, making it necessary to proceed with caution. While some accidents are unavoidable, most can be prevented with the proper safe driving procedures. Use the following tips to drive safely in the fall:

- Be aware of school zones and crosswalks.
- Watch out for deer and other wildlife, especially at night.
- Drive slowly on slick roads.
- Check your tire pressure regularly to ensure they are properly inflated.

- Use caution when driving over leaves. Wet leaves can be slippery and hide road hazards.
- Maintain a safe following distance, especially when it is raining, foggy or dark.
- Inspect your vehicle for necessary maintenance.
- Put emergency items in your car, such as jumper cables, gloves, a blanket, a flashlight, an ice scraper and a first-aid kit.
- Consult your vehicle's manual to ensure you stay current on recommended oil change intervals.
- Keep a pair of sunglasses in your vehicle to help with sun glare.
- Review your auto insurance policy to make sure it is up-to-date.

Following safe driving advice can contribute to your safety and the safety of others when driving. For additional driving guidance, contact ECBM, LP.



How to Prepare Your Car for Fall

Fall is one of the most important seasons for car maintenance. Follow these guidelines to ensure your vehicle is prepared for autumn driving:

- Check fluid levels (e.g., engine oil, brake fluid, wiper fluid, coolant and automatic transmission fluid).
- Make sure all lights work.
- Inspect the brakes.
- Check your wiper blades.
- Make sure the heating system is operating properly.