

NATIONAL HANDWASHING AWARENESS MONTH

Make handwashing a healthy habit! Clean hands can keep you healthy. It is important to wash your hands in public settings and at home. You should wash your hands when preparing food, before eating food, before and after caring for someone who is sick, after using the restroom, after cleaning, and after blowing your nose, coughing, or sneezing.

MENTAL HEALTH CORNER

With winter months upon us, it is important to be aware of how we feel. Seasonal Affective Disorder (SAD) is a type of depression that is associated with seasonal changes. Sunlight, staying engaged with loved ones, adequate Vitamin D levels, exercise (especially outdoors) and other hobbies may help combat SAD. You can also consult with a provider to explore other options that may help.

Steps to Clean Hands:



Wet your hands with clean, running water turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. For a timer, hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

