This December: Stay Healthy
National Handwashing Awareness

“CLEAN HANDS PREVENT SICKNESS”

Personal hygiene begins and ends with our hands. Although we are taught as youngsters to wash our hands before eating, it’s important to remember that germs from your hands get near your face plenty of times aside from eating. Thus, it is especially important to learn the basics about hand hygiene.

National Hand-washing Awareness Week Activities

1. **Do it Right**: Experts recommend washing your hands with soap and clean water for at least 20 seconds. Be sure to get a good lather going and clean the back of the hands, between the fingers and under the nails. Dry them using a clean towel.

2. **Memorize the five steps**: The CDC calls hand washing ‘a do-it-yourself vaccine’ and suggests remembering five easy steps: Wet, lather, scrub, rinse, dry.

3. **Learn the Four Principles of Hand Awareness**:
   1) Wash your hands when they are dirty and before eating;
   2) Do not cough into hands;
   3) Do not sneeze into hands
   4) Don’t put your fingers in your eyes, nose or mouth.

Information credited to: https://nationaltoday.com/national-handwashing-awareness-week/
As promised, all of us here at Health Promotion are very pleased to announce that we will be returning to our main location in Varsity Gym and are hope to resume FULL operations, beginning January 13, 2020.

A major thank you to the administrative and campus-wide assistance that have been shown for our organization during this experience. Partnerships with University Recreation (UREC) and the Health and Exercise Science Department played a major role during this time with helping to minimize the impact that closing Varsity Gym had on personal training, as we were able to continue training sessions within Levine Hall’s Exercise Science Resistance Labs and UREC’s Mt. Mitchell facility. For their support and collaboration, we are tremendously grateful.

THANK YOU for your patience, support, and continual participation here at Health Promotion. Ultimately, none of this would be possible without you. We look forward to seeing you in the Spring.

RETURNING HOME TO VARSITY

530 Rivers Street, 12 Varsity Gym
January, 2020