



# 2020

## Stay Safe and Healthy!

Tips for this holiday season:

1. **Wash Your Hands Often!** Keeping hands clean is one of the most important steps you can take to avoid getting sick.
2. **Bundle Up!** Cold temperatures can cause serious health problems, especially in infants and older adults.
3. **Prevent Injuries!** Use ladders instead of furniture when hanging decorations. Keep candles away from children, pets, walkways, trees, and curtains.
4. **Prep Your Food Properly!** Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs away from ready-to-eat foods. Cook foods to the proper temperature and do not leave perishable foods out.

### National Handwashing Awareness Week

December 1-7

**\*Remember these 5 steps: Wet, lather, scrub, rinse, dry.**

- Only 5% of people wash their hands long enough to remove the germs.
- Your phone contains 10x more bacteria than a public toilet.
- Did you know more germs are transferred through handshakes than kissing?

