

HOW TO WASH YOUR HANDS



Use Soap



Palm to Palm



Back to Hands



Between Fingers



Base of Thumbs



Fingernails



Wrists



Rinse Hand



Dry Hands

Wash your hands!

With the holiday season upon us, we extend warm wishes for joy and good health! As we celebrate and come together with family and friends, it's important to prioritize our well-being. One simple yet powerful practice that often gets overlooked amid the festivities is hand hygiene.

Why wash your hands?

Regular handwashing is a fundamental step in preventing the spread of germs and maintaining good health. It's not just a habit; it's a vital action that can keep you and your loved ones safe during this special time. Whether you're preparing delicious holiday meals, wrapping gifts, or sharing joyous moments, taking a few moments to wash your hands can make a significant difference.

Health Issues: The Importance of Hand Hygiene



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