

HOW TO WASH YOUR 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

Flu Prevention: The holiday season coincides with flu season. Proper handwashing is a simple yet effective measure to reduce the risk of flu transmission and ensure a flu-free celebration.

Respiratory Health: Clean hands contribute to respiratory health by preventing the transfer of germs to your face. This is particularly crucial during the colder months when respiratory infections are more common.

Food Safety: Holiday feasts are a highlight, but improper food handling can lead to foodborne illnesses. Washing your hands before cooking and eating helps ensure a safe and enjoyable culinary experience.

Everyday Germs: From festive decorations to greeting cards, we encounter various items during the holidays. Regular handwashing minimizes the risk of transferring germs, keeping you and your loved ones healthy.

Quick Tips for Effective Handwashing

- Use soap and water.
- Scrub for at least 20 seconds, get between fingers and under nails.
- Don't forget your wrists!
- Rinse thoroughly.
- Dry with a clean towel or air dry.

HANFORD
740 N. Irwin St.
Hanford, CA 93230
559.272.9551



VISALIA
4004 S. Demaree St. #A
Visalia, CA 93277
559.272.9549