

# Wellness Tidbits

December 7-13 is National Handwashing Awareness Week



## RAISE YOUR HAND!

Raise your hand if you are aware that frequent handwashing is one of the easiest and best ways to protect yourself against illness. This may be a common message, but it's definitely one worth repeating. A recent study revealed a 50% reduction in student absences due to influenza in schools where washing hands twice a day *was mandatory* versus schools that *did not* require handwashing procedures in place.

The [Centers for Disease Control and Prevention](#) outlines this method as most effective in cleansing hands:

- Wet** Use clean, running water.
- Lather** Apply soap and rub hands together all over until bubbles begin to form.
- Scrub** Scrub hands for 20 seconds. (Sing the "Happy Birthday" song 2x.)
- Rinse** Rinse all the soap from your hands.
- Dry** Use a clean towel or air dry your hands.



#### Resources:

<http://www.cdc.gov/features/handwashing/>  
<http://www.ncbi.nlm.nih.gov/pubmed/21470450>

## Join the Monthly TSHBP Fitbit® Challenge!

### How to Play

- 1) Read this article: <https://bit.ly/360Wa10>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

### Question

*True or False:*

Hand sanitizers are just as effective as soap and water in eliminating all types of germs and harmful chemicals.

**ANSWER FITBIT®  
CHALLENGE HERE!**



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