

## QUOTE OF THE MONTH

"December, being the last month of the year, cannot help but make us think of what is to come." ~Fennel Hudson

## HEALTH HUMOR



"I'm making sure I get my five daily portions."

by: Maria Mendoza

## Stay Healthy With Handwashing

**Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.**

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage

### Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

#### Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.



**Sanitizers can quickly reduce the number of germs on hands in many situations. However:**

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

#### How to use hand sanitizer:

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

#### Source:

[cdc.gov/handwashing/when-how-handwashing.html](https://cdc.gov/handwashing/when-how-handwashing.html)

## ON THIS DAY IN HISTORY

Dec.  
**3**

1967, The first successful heart transplant was performed by Dr. Christiaan Barnard at Cape Town, South African, on Louis Washkansky, who lived for 18 days.

Dec.  
**9**

1993, A five-day repair job in space on the \$3 billion Hubble Space Telescope was finished by U.S. astronauts.

Dec.  
**15**

1939, Gone with the Wind had its world premiere in Atlanta, introduced by producer David O. Selznick and featuring appearances by Vivien Leigh and Clark Gable.

Dec.  
**31**

1781, The first bank in the U.S., the Bank of North America, received its charter from the Confederation Congress. It opened on January 7<sup>th</sup>, 1782, in Philadelphia.

## MONTHLY OBSERVANCES

- National Handwashing Awareness Week, Dec. 1-7<sup>th</sup>
- Aids Awareness Month
- Worldwide Candle Lighting Day, Dec. 8<sup>th</sup>
- Poinsettia Day, Dec. 12<sup>th</sup>
- National Wreaths Across America Day, Dec. 14<sup>th</sup>

For more information:

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#### NOVEMBER CROSSWORD ANSWERS:

**Across:** 5.Yam 6.Sleeping 7.TV Dinners 8.Gravy 10.Pumpkin 11.Cider 12.Dungeness Crab  
**Down:** 1.Pumpkin Spice 2.Plymouth Rock 3.Friendsgiving 4.Family 9.Football

Check next month's issue  
for a new crossword puzzle!