

clean hands can keep you healthy



healthy changes
everything.®

Practice good hygiene and avoid the flu.

National Handwashing Awareness Week is Dec. 1-7. Be sure to use clean running water, apply soap, and rub hands together for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer. For more healthy tips and resources, visit bsneny.com and click the *health & wellness* tab.



BlueShield
of Northeastern New York

