

National Handwashing Week is December 6-12



Throughout the day, you accumulate germs on your hands from touching different objects or people. You can then infect yourself with these germs by touching your eyes, nose, or mouth.

Always remember to:

- Wash your hands frequently
- Cover your nose and mouth with a tissue when coughing or sneezing
- Avoid touching your eyes, nose or mouth excessively

For more information, visit our health library at bsneny.com/healthandwellness or call one of our health coaches at 1-877-878-8785, option 2.



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