

December is National Handwashing Month

It seems elementary but handwashing is a very effective tool in keeping you healthy.



Here are the CDC's guidelines for proper handwashing:

COVID
CORONAVIRUS
DISEASE
19

CDC Handwashing Guide

Washing your hands can stop germs from spreading from one person to another and throughout an entire community.



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.



Hand sanitizers are a great way to remove germs from your hands if you're unable to wash them. But nothing beats a good handwashing to remove dirt and germs from your hands.

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A Guide to a Stress Free December



1. Keep expectations manageable
2. Be realistic about what you can and cannot do
3. Leave the past behind and look forward to the future
4. Be of service to someone else
5. Enjoy outdoor activities
6. Be aware of excessive drinking
7. Spend time with supportive and caring people



*Fun, not
perfection!*

REMEMBER TO
HAVE FUN DURING
THE HOLIDAYS.
THEY ARE NOT
MEANT TO BE
PERFECT!

Pay special attention to
your self-care:

- * Stay Hydrated
- * Eat Healthy
- * Get Enough Sleep
- * Schedule Downtime

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