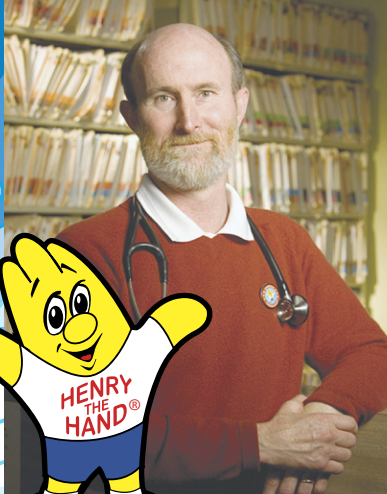


National Handwashing Awareness Week

December 6 - 12, 2020



Will Sawyer, MD
International
Infection Prevention
Expert



The power to prevent COVID-19 and the Flu is in your hands!

1. Do Not Touch the T Zone
2. Handwash regularly
3. Wear a full face shield to protect yourself and others

Remember we humans are the petri-dish that grow COVID-19 and then spread it! Your personal Hand Hygiene behavior must change before this Pandemic will end!

Now is the time for you, your family, friends and coworkers to team up with Dr. Will and Henry the Hand Champion Handwasher to share this message! (and website www.henrythehand.org)!

Practicing the 4 Principles of Hand Awareness will help you remain healthy during COVID-19 or flu season! It is the **best** way to **stop** epidemics and pandemics! Adhering to the 4 Principles of Hand Awareness you will be in virtual isolation regardless of the people around you because direct contamination (inoculation) of your facial mucous membranes (eyes, nose or mouth) is the most common way infectious disease enters your body.

Fingers are the 10 most deadly weapons that can give yourself the flu or flu-like illness!

Thank you for helping to Spread the word not the germs!

Will Sawyer, MD

Henry the Hand Foundation
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The 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

*The 4 Principles of Hand Awareness have been endorsed by the AMA and AAFP.

National Handwashing Awareness Week is the first full week of December each year.