

# National Handwashing Awareness Week

December 6-12, 2020



## Henry's Safer Classroom strategy to protect against COVID-19 and the flu!

1. Handwash every 1-2 hours!
2. Protect your eyes, nose and mouth (T Zone) vigorously! Wear a full-face shield as well!
3. Break your unconscious habit of touching your T Zone. That is how you give yourself COVID-19.

Now is the time for you, your classmates, your family, and friends to team up with Henry the Hand Champion Handwasher to teach how to combat COVID-19! Please lend Henry a Hand by sharing this message and the website ([www.henrythehand.org](http://www.henrythehand.org))!

Practicing the 4 Principles of Hand Awareness will help you to remain healthy during COVID-19 or flu season! It is the best way to STOP epidemics or pandemics! Following the 4 Principles of Hand Awareness and 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.

Remember- fingers are the 10 most deadly weapons that can give you the flu or flu-like illness!

### 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.*

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

## Henry The Hand

[www.henrythehand.org](http://www.henrythehand.org)

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