

# National Handwashing Awareness Week

December 1 -7,2024



Please share [www.henrythehand.com](http://www.henrythehand.com) with ALL your family, friends, classmates and coworkers to help them stay healthier one handwash at a time. Share with them how practicing the 4 Principles of Hand Awareness will help them to remain healthy, in spite of the flu or COVID-19 scares.

It is the BEST way to prevent epidemics or pandemics!

Following the 4 Principles of Hand Awareness you will be in virtual isolation regardless of the people around you. Direct contamination (inoculation) of your mucus membranes (eyes, nose or mouth) is the most common way infectious disease enters your body.

Let's work together to minimize the fear factor of infectious disease pandemics or seasonal.

Only you are responsible for giving yourself the flu or flu-like illness!

*Henry The Hand*

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