

# National Handwashing Awareness Week

December 6-12, 2009



Please share [www.henrythehand.com](http://www.henrythehand.com) with **ALL** your family, friends, class mates 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 bird flu 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 how infectious disease enters your body. It is not wafting through the ventilation system in the building. 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!**

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

*Henry The Hand*