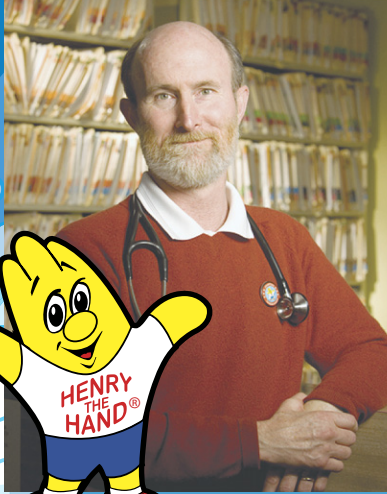


# National Handwashing Awareness Week

December 2 -8, 2018



Will Sawyer, MD  
International  
Infection Prevention  
Expert



**Yes, the power is in your hands to prevent the Flu!**

## True Flu Prevention:

1. Do Not Touch the T Zone
2. Handwash regularly
3. Don't hesitate to vaccinate

Imagine how great it would be if you or your family were never sick again from a respiratory infection! What diseases are these you ask?

For example: Flu, flu-like illness, adeno virus, RSV, common cold, conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus, Pneumococcus, TB and more.

The T Zone is the only portal of entry into the human body for ALL respiratory infections!

Practicing the 4 Principles of Hand Awareness behaviors will ensure you "stay well". Imagine never having the flu again!

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

## Will Sawyer, MD

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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.