

HealthyBy Choice

...One Day at a Time

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National Handwashing Awareness

Handwashing is a win for everyone, except the germs.

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

It's quick, it's simple, and it can keep us all from getting sick.

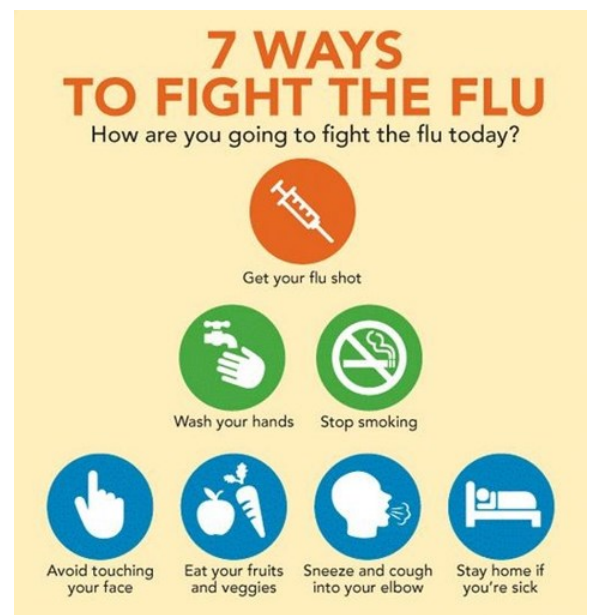
When to wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



KEEP GERMS TO YOURSELF

- Use a tissue to cover your nose and mouth when you cough or sneeze
- Promptly throw away any used tissue
- If you can't get a tissue, sneeze or cough into your elbow rather than your hand
- If necessary, wear a facemask to protect others from infection
- Frequently wash hands with soap and water for at least 20 seconds
- If soap and water aren't available, clean hands with alcohol-based hand sanitizer



Clean hands stop germs!



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NEW GUIDELINES FOR PHYSICAL ACTIVITY RELEASED

Physical activity is key to improving the health of EVERYONE.

How much activity do I need?

<p>Moderate-Intensity aerobic activity Anything that gets your heart beating faster counts.</p> <p>at least 150 minutes a week</p>	<p>AND</p>	<p>Muscle-strengthening activity Do activities that make your muscles work harder than usual.</p> <p>at least 2 days a week</p>
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If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.
If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

You know you need physical activity to stay healthy. **But did you know it can help you feel better right away?**



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day.



For your health's sake...run, jump and shake!!

