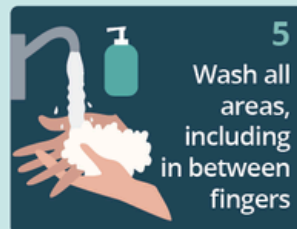
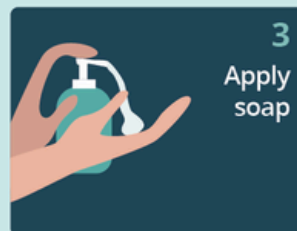


THE CIRCLE

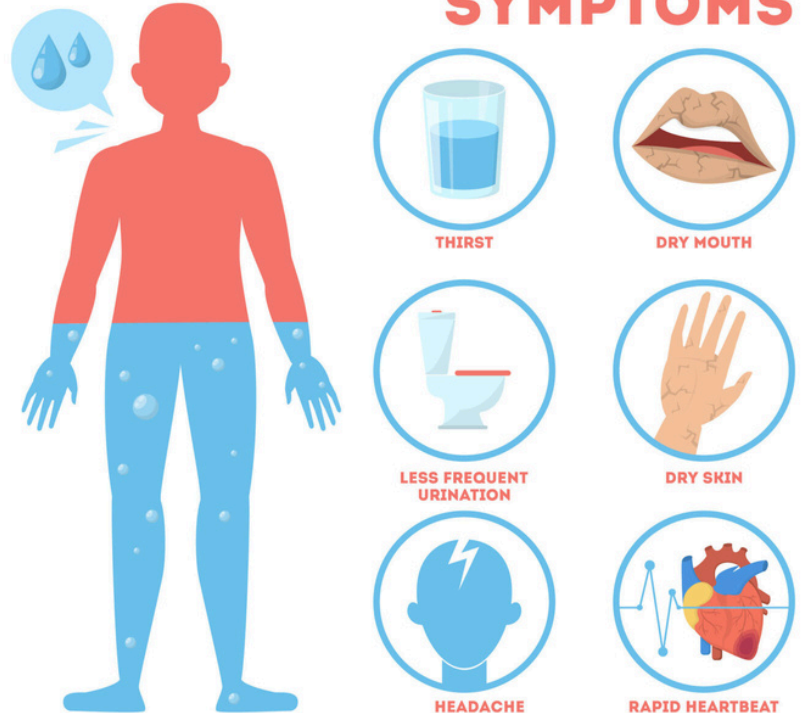
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Health And Wellness Focus: Hand Washing and Dehydration

Hand washing tips



DEHYDRATION SYMPTOMS



Why is hand washing so important?

Handwashing helps prevent spread of infectious diseases

A number of infectious diseases can be spread from one person to another by contaminated hands. These diseases include gastrointestinal infections, such as salmonellosis, and respiratory infections, such as influenza, colds and coronavirus(COVID-19)

Why is hydration so important?

Drinking enough water each day is crucial for many reasons: to regulate body temperature, keep joints lubricated, prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.