## THE CIRCLE

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Health And Wellness Focus: Hand Washing and Debydration

## Hand Remove washing any jewellery tips Wet hands vlaaA with soap running water Rub hands Wash all together areas, for at including least 20 in between seconds fingers **Dry hands** Rinse hands thoroughly and turn with a off tap paper towel

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: regulate body temperature, keep ioints lubricated. prevent infections, deliver nutrients to cells, and keep organs functioning properly. Being well-hydrated also improves sleep quality, cognition, and mood.