

Skeehchooash

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PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

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GLOBAL HANDWASHING DAY OCTOBER 15th

Global Handwashing day serves as a yearly reminder that handwashing with soap is one of the best steps we can take to avoid getting sick and spreading germs to others.

A simple recipe to a healthy life only includes 5 simple steps, which save you and the community around you from getting sick.



The COVID-19 pandemic provides a stark reminder that one of the most effective ways to stop the spread of a virus is also one of the simplest: **hand hygiene**, especially through handwashing with soap. To beat the virus today and ensure better health outcomes beyond the pandemic, handwashing with soap must be a priority now and in the future.

Wash your hands every time you use the bathroom, before eating, after coughing, sneezing or blowing your nose.

By: Anum Khan, PharmD Candidate



https://www.cdc.gov/handwashing/pdf/handwashingPoster_D_8x11_ENG-p.pdf

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