

Health & Wellness Tip of the Week

Week 50 December 10, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
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Take wellness to heart

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Can “Happy Birthday” Stop the Flu?

It’s National Handwashing Awareness Week. This is a good time to keep in mind that washing hands often is one of the best tools we have to keep from getting sick with the flu and other health problems. Sickness spreads by coming in contact with contaminated objects and people.

Here are some tips:

- When you wash your hands you should wet, lather, scrub, rinse and then dry
- Try humming the “Happy Birthday” song while you scrub to help you reach 20 seconds of cleaning. Fast singers, go for a second verse!

Source: Centers for Disease Control

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