

## Families Making the Connection

### Wash Your Hands

It is cold and flu season. Handwashing is one of the best ways to protect yourself, your family, and others from getting sick.

#### When should you wash your hands?

Wash your hands often, especially during key times when germs are likely to get on your hands and can easily spread to you or others:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after you treat a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After you blow your nose, cough or sneeze
- After you touch an animal, its feed or waste
- After touching garbage

#### What is the right way to wash your hands?

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds.
4. Rinse hands well under clean, running water.
5. Dry hands with a clean towel or air dry them.

Handwashing is the best way to prevent the spread of germs. If you do not have access to soap and water, use a 60% alcohol-based hand sanitizer until you can wash your hands.

## Menus for December 2018

### Fresh Fruit & Vegetable Menu

Monday, December 3	Tuesday, December 4	Wednesday, December 5	Thursday, December 6	Friday, December 7
CLEMENTINE	CELERY W/FF Ranch (Pascal)	ORANGE Navel (White Flesh)	PAPAYAS	
Monday, December 10	Tuesday, December 11	Wednesday, December 12	Thursday, December 13	Friday, December 14
ORANGE (Blood) Cara Cara	PEAR	CARROTS W/FF Ranch	TANGERINES	
Monday, December 17	Tuesday, December 18	Wednesday, December 19	Thursday, December 20	Friday, December 21
GRAPEFRUIT (Red)	CAULIFLOWER W/FF Ranch	APPLE	TANGELOS	
Monday, December 24	Tuesday, December 25	Wednesday, December 26	Thursday, December 27	Friday, December 28
Holiday	Holiday	Holiday	Annual Leave	
Monday, December 31				
Annual Leave				

## December

- Pear Month
- Tropical Fruits Month
- Handwashing Awareness Week (1<sup>st</sup> week)

Source: [www.cdc.gov](http://www.cdc.gov)



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