Skeehchooash

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

October 2020

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.

WHEN TO WASH YOUR HAND

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

By: Anum Khan, PharmD Candidate





Health Benefit Services

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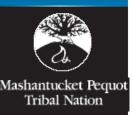
Doctors' FAX Line 1-800-779-6329

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

At Pequot Health Care, we are dedicated to maintaining your good health!