



Wash your paws

Life Is Better With Clean Hands

Handwashing is one of the best ways to remove germs, avoid getting sick and prevent the spread of germs. Wash your hands the right way:

Wet your hands with clean running water and apply soap.

Lather by rubbing hands together with soap, between your fingers, under nails and back of hands.

Scrub for at least 20 seconds.

Rinse under clean running water.

Dry using a clean towel or air.

SELF-CARE

If soap and water aren't available, use a hand sanitizer that contains at least 90% alcohol.

CHALLENGE: WASH HANDS AFTER USING THE BATHROOM, COUGHING, SNEEZING OR BLOWING YOUR NOSE AND BEFORE EATING OR PREPPING FOOD.

Use the box in the daily grid below to mark an "X" if you met your daily goal.

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																																																		
<p>September 2020</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td></td></tr> <tr><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td></tr> <tr><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td></tr> <tr><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td></tr> <tr><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S			1	2	3	4		5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			<p>November 2021</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>TH</td><td>F</td><td>S</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	TH	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					 <p>BANANA PANCAKES</p> <p>1 banana mashed • ¼ cup canned pumpkin 1 egg • 3 tbsp. all-purpose flour • ½ tsp. vanilla extract</p> <p>Beat together banana, pumpkin, flour, egg and vanilla in a bowl until smooth. Heat a lightly oiled pan over medium heat. Drop batter by small spoonfuls and cook until bubbles form, flip and cook other side 1-2 minutes.</p>	<p>1</p> <input type="checkbox"/> <p>World Vegetarian Day National Smile Day</p>	<p>2</p> <input type="checkbox"/>
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