



WELLNESS WEEKLY



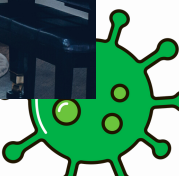
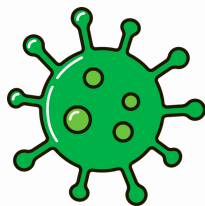
Natural Medical Solutions
Wellness Center

WEEK OF 12/21/2020



Staying Well Through the Holidays

The holidays has been creeping up on us with every blink we take. Some people spend the holidays intimately with a few people that they cherish the most. Some people love to party and enjoy themselves with many others who are alike in that sense. Some people like to pack their bags and get away to enjoy some time alone. However you celebrate these times, do it safely and always stay conscious of your hygiene and your health.





Properly Wash Your Hands

There used to be certain times that were proper for washing your hands (ie after using the restroom, before handling food). However, this year has changed the standard of washing hands completely.

Washing hands is very important to do throughout the day. Germs can easily find its way into the body through the mouth, eyes, and nose. Frequent hand washing can prevent illnesses caused by germs as well as the spread of Covid-19.

The most proper and effective to wash your hands:

Wet your hands in warm or cold water.

Lather your hands with soap.

Scrub the surfaces by rubbing your hands together. Make sure that you get in between the fingers, both sides of the hands, and even your wrists. This process should take 20 seconds.

Rinse the suds off under clean water.

Dry your hands with a clean towel, or let air dry.

Teach The Kids

Teaching young children how to be independent when it comes to hand washing is very important. Children, especially whom are in setting with other children come in contact with and spread many germs a day. Washing hands is key to avoiding illness.

Pull up a chair to the sink if you need to. Teach your child every step by step instruction to properly wash their hands. Some children do not know how to count to 20 seconds. In stead, tell them to sing "Happy Birthday" or "Twinkle Twinkle Little Star" twice. Sing with them and be engaging the first few times. Soon they'll be properly washing their hands on their own without you having to mention it.

Wash your hands for 20 seconds with soap and warm or cold water for a proper clean.



Have a Healthy Holiday

We cannot stress enough how important it still is to follow the health safety guidelines.

Staying in good health is always a very important thing that we all can do to keep each other healthy.

However you decide to celebrate your holidays, do it safely:

Avoid large crowds

Wear a mask

Wash your hands for 20 seconds

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Visit us at:

1130 Upper Hembree Road
Roswell, GA 30076

(770) 674-6311

natmedsol.com