



WASH YOUR HANDS AND YOUR WORKMATES WILL THANK YOU

BY: WELLWORKS FOR YOU

Think about all the touchable, shared surfaces and items in the workplace—a stapler, coffee pot, sink handle, light switch, printer. The list could go on and on. And, while sharing is caring, it's also another way to spread germs.

>>CONTINUED BELOW



QUICK TIP

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PREVENT ILLNESS THIS WINTER

Washing hands, according to the CDC, reduces the number of people who get sick with diarrhea by 31%, lowers diarrheal illness in people with weakened immune systems by 58%, and minimizes respiratory illnesses, like colds, in the general population by 16-21%.

To keep your workplace as germ-free as possible, washing your hands frequently and always following a bathroom break is one of the best ways to protect yourself and your co-workers.

WHY IS IT SO IMPORTANT TO WASH YOUR HANDS?

Washing your hands with soap helps to eliminate illness-producing germs that are all too easily and commonly transferred to these areas:

- Eyes, nose, and mouth
- Food and drinks, especially during preparation
- Fixtures, furniture, and commonly used objects

BEST HAND WASHING PRACTICES

To eliminate the spread of germs in the workplace, the Centers For Disease Control and Prevention (CDC) recommends washing hands with clean water and soap. For best results, hands

should be lathered (including the areas underneath the nails) for 20 seconds per hand-washing session. Once hands have been rinsed, air dry or use a clean towel.

WILL HAND SANITIZER KEEP YOU AND YOUR CO-WORKERS GERM-FREE?

Utilizing hand sanitizer will help reduce the spread of germs, but handwashing proves a more successful method of eliminating harmful microbes. If you do use sanitizer, it's advisable to find one that contains 60% alcohol or more, and when applying to the hands be vigilant in covering the entire surface areas.

Source: Wellworks For You and CDC



FEATURED RECIPE:

VANILLA CANDY CANE PEPPERMINT BARS

Serves: 16

INGREDIENTS

- Nonstick cooking spray
- ¼ cup sugar
- ⅓ cup canola oil
- 1 egg
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup crushed peppermint candies
- 3 ounces dark chocolate, melted

DIRECTIONS

1. Preheat oven to 350°F. Line an 8-inch square baking pan with foil, extending foil over edges. Coat foil with cooking spray.
2. In a medium bowl beat sugar, oil, egg, and vanilla with a mixer on medium 2 minutes or until slightly thick and pale yellow. Beat in flour, baking powder, baking soda, and salt just until combined. Stir in 2 Tbsp. of the peppermint candies. Spread batter in the prepared pan.
3. Bake 20 to 25 minutes or until edges are puffed and top is golden. Cool in pan on a wire rack. Using foil, lift uncut bars out of pan. Cut into bars.
4. Line a tray with parchment paper. Dip one corner of each bar into melted chocolate and place on the prepared tray. Sprinkle chocolate with the remaining peppermint candies. Let stand until set.

NUTRITION

Serving Size: 1 bar

Per serving: 155 calories; 7 g fat(1 g sat); 1 g fiber; 22 g carbohydrates; 1 g protein; 24 mcg folate; 12 mg cholesterol; 14 g sugars; 19 IU vitamin A; 0 mg vitamin C; 15 mg calcium; 1 mg iron; 98 mg sodium; 43 mg potassium

Source: <http://www.eatingwell.com/recipe/259837/vanilla-candy-cane-peppermint-bars/>



DECEMBER 2018

HEALTH OBSERVANCE

SAFE TOYS AND GIFTS MONTH

DECEMBER 1 – DECEMBER 31

This month's health observance focuses on selecting safe and age-appropriate toys around the holidays. Before beginning your holiday shopping, take a moment to consider the following:

INSPECT

Be sure to properly inspect all toys before making a purchase. Avoid sharp edges and parts that may fly off the object.

SUITABILITY

Choose toys that are appropriate for the recipient. Think about the size, movement, and texture of the toy. Check them for age, skill level, and developmental appropriateness.

LABELS

Look for labels that confirm that toy has passed a safety inspection. "ASTM" means the toy has met the American Society for Testing and Materials standards.

DID YOU KNOW?

There were 251,700 toy-related injuries in 2010. 72% of those injuries were to people less than 15 years old. 19 million toys worldwide were recalled in 2007, due to safety concerns related to lead paint and small magnets.

Source: <https://www.healthtradition.com/december-is-safe-toys-and-gifts-month/>

MONTHLY DRAWING



Please e-mail info@wellworksforyou.com with your response to be placed in a drawing to possibly win a \$25.00 Wellworks For You Visa Reward Card. If you wish to be placed in the drawing, your answer must be submitted to Wellworks For You by the last day of the month.

Share your favorite healthy holiday tradition.

Wellworks For You



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