

In The Know

December 2022

[Season's Greetings! A Holiday Message From Our CEO Jeff Alter](#)



Feeling under the weather? We've got you covered.

Seasonal germs came early this year — and it seems like everyone has been laid up with something. Find out how the immunity gap may contribute to the uptick in viruses and learn how to stay healthy this holiday season and beyond.

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Winter health and safety

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Broken bone lingo

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Wellness Snapshot

Handwashing is one of the best ways to protect yourself from germs. RSV, the flu, the common cold, and COVID-19 are all going around.

How to Properly Wash Your Hands



1. Wet your hands with clean, running water. Apply soap then lather.



2. Scrub for 20 seconds (the duration of the Happy Birthday song).



3. Rinse your hands well under clean, running water.



4. Dry your hands using a clean towel or air dry them.

Resources on the go



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