



WORLD HAND HYGIENE DAY

Help protect yourself and others by making regular hand washing a part of your good health routine.

Together, all the way.SM



World Hand Hygiene Day takes place on **5 May** and we want to raise awareness about the importance of hand hygiene.

The Clean Your Hands global campaign started in 2009 to unite people around the world in support of hand hygiene.

Since our hands are the main pathway of germ transmission, hand hygiene remains the most effective measure to avoid spreading harmful germs and viruses - including helping prevent the spread of COVID-19. This simple, cost-effective practice can save lives.

REMEMBER TO WASH YOUR HANDS

The pandemic brought the importance of proper handwashing to the forefront. It's more important than ever to pay close attention to how often we wash our hands - and for how long - to keep ourselves and the people we love healthy.

- › **Wash your hands for a minimum of 20 seconds.** Or the time it takes to sing "Happy Birthday to You" twice.
- › **Clean your whole hand.** Including your palms, fingertips, under your fingernails, top of your hand, and your thumbs.

- › **No access to running water or soap? Use a hand sanitiser.** Make sure it contains at least 60% alcohol to ensure it is a suitable substitute until you can wash your hands.

Preventative steps to maintaining good health are important because it helps protect you and your loved ones from falling ill.

IS THE CIGNA WELLBEING™ APP PART OF YOUR HEALTH ROUTINE?

For the moments where you need additional support, we're here to help. The [Cigna Wellbeing™ app](#) makes it easy for you to take control of your health and well-being. With a range of tools and services, the Cigna Wellbeing™ app connects you to better Whole Health, anytime, anywhere.

- › **Around the clock access to doctors** for non-emergency symptoms, usually within 24 hours, by phone or video.
- › **Confidential health advice,** prescription delivery and specialist referrals.
- › **Health Assessments** for possible 'trouble areas', including sleep, nutrition, stress and physical activity.
- › Discover **healthy recipes, wellness articles** and **motivational tips.**

DOWNLOAD THE APP TODAY!

This World Hand Hygiene Day, let's join together and spread awareness about the importance of making regular hand washing part of a good health routine.

Cigna Europe

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