

# HIGH ROLLER NEWS



Vol. 94

April 2023

# April Drill Outlook

## April 2023 Drill High Roller Café

### Saturday

#### Lunch

1100-1230

#### Menu Items:

Meat Sauce  
Honey-Glazed Salmon  
Roasted Potatoes  
Spaghetti Noodles  
Mix Vegetables  
Broccoli

Cheeseburgers  
Chicken Wraps  
French Fries

#### Additional Items:

Salad Bar  
Assorted Desserts

### Sunday

#### Breakfast

0730-0900

#### Menu Items:

Breakfast Burritos  
Loaded Eggs  
Scrambled Eggs  
Boiled Eggs  
Bacon  
Corned Beef Hash  
Biscuit and Gravy  
Hashbrown  
Grits

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

Lunch Meal Rate \$6.85

Breakfast Meal Rate \$4.30

## Weather

Sat



54°

37°

Sun



50°

27°

## Upcoming Events

8 April: The Hunt is on! Kids Easter Egg Hunt

12 April: NVANG 75th Anniversary Cake Cutting

15 April: Governor's Military Ball

10-16 April: MAFFS Spring Training

21 April: Earth Day

26 April: Denim Day

30 April - 5 May: Mustang Roller Readiness Exercise

13 May: Military Spouse Appreciation Lunch

3 June: Family Day

19 August: Elks Pool Party

19 August: Aces Military Appreciation Night

**HIGH ROLLERS**

*Nevada Air National Guard*

*192nd Fighter Squadron, 12 April 1948*

# ANNIVERSARY CELEBRATION



**PLEASE  
JOIN US**

**APRIL 12, 2023**

**1300 @ NVANG BASE**

**FOR CAKE CUTTING**

**RSVP: 775-887-7252**



# Governor's Military Ball

*Saturday, April 15th, 2023*



# U.S. Air Force

## SILVER LEGACY GRAND EXPOSITION HALL

*407 N. Virginia St , Reno , NV 89501*

*Cocktails 1800*

*Dinner 1900*

*Meal Options: Choice of Beef, Chicken or Vegetarian*

*Attire: Mess Dress; Semi-Formal Class A or Formal*

*RSVP/Pay: <https://www.nganv.org/events>*

*Rooms Block available: <https://book.passkey.com/go/SRSNE23>*

### TICKET COST

E-1 - E-4:	\$30
E-5 - E-6:	\$40
E-7 - E-9:	\$50
CWO's:	\$50
Civilians	\$50
O1- O3:	\$50
O4- O-5:	\$60
O-6- Above:	\$65

# Established 1947



# MILITARY & FAMILY READINESS UPCOMING EVENTS:

Event	Date/Time of Event	Must RSVP by date	Location of Event	Point of Contact	Air or Joint Event
Kids Spring Event	8 April 23 1100-1300	1 April 2023	Air National Guard Base	Fred Barton	Joint (149)
USO Lunch/ Mobile Truck	24 April 23 1100-1300	18 April 2023	Air National Guard Base	Fred Barton	Air
Spouse Luncheon	13 May 23 1100-1300	5 May 2023	Air National Guard Base (DFAC)	Fred Barton	Joint (11)
VA SAVE Suicide Prevention	2 June 23 1000 and 1300	26 May 2023	Air National Guard Base	Fred Barton	Air
Annual ELKS Lodge Pool Party	19 August 23 1000-1500	4 August 2023	Reno ELKS Lodge	Fred Barton	Joint (21)

# WEAR YOUR JEANS

## PARTICIPATE

IN

## DENIM DAY

WEDNESDAY

26<sup>th</sup>

APRIL

### THE HISTORY BEHIND IT

#### Italy, 1990s

An 18-year old girl is picked up by her married 45-year old driving instructor for her very first lesson. He takes her to an isolated road, pulls her out of the car, wrestles her out of one leg of her jeans and forcefully rapes her. Threatened with death if she tells anyone, he makes her drive the car home. Later that night she tells her parents, and they help and support her to press charges. The perpetrator is arrested and prosecuted. He is convicted of rape and sentenced to jail.

He appeals the sentence. The case makes it all the way to the Italian Supreme Court. Within a matter of days the case against the driving instructor is overturned, dismissed, and the perpetrator released. In a statement by the Chief Judge, he argued, "because the victim wore very, very tight jeans, she had to help him remove them, and by removing the jeans it was no longer rape but consensual sex."

Enraged by the verdict, within a matter of hours the women in the Italian Parliament launched into immediate action and protested by wearing jeans to work.

**PHOTO @ 1000  
FRONT OF BLG 56**

**24/7 152 AW SEXUAL ASSAULT RESPONSE LINE: 775-240-5922**

**DOD SAFE HELPLINE 24/7 HOTLINE: 877-995-5247**

**2023**

# **JOINT MENTORSHIP PROGRAM**



## ***WHAT IS THIS PROGRAM?***

This program's goal is to continue to develop and enhance force development by providing opportunities for leadership and personal development.

## ***WHAT ARE THE BENEFITS OF THIS PROGRAM?***

As a mentor, you can help another person to grow and develop as well as share experience and knowledge.

As a mentee, you acquire additional skills, knowledge or abilities and improve networking/access to influential people!

## ***WHAT IS THE TIMELINE?***



Applications for Mentor and Mentee  
Deadline: 15 April



Mentor and Mentee Pairing: 28 April



Training for Mentors: 01 May



Pairing Ceremony Beginning of May



Mentorship Duration: May - December

## ***HOW DO I SIGN UP?***

**INTERESTED IN  
BEING A MENTOR?**



**CLICK/SCAN HERE**

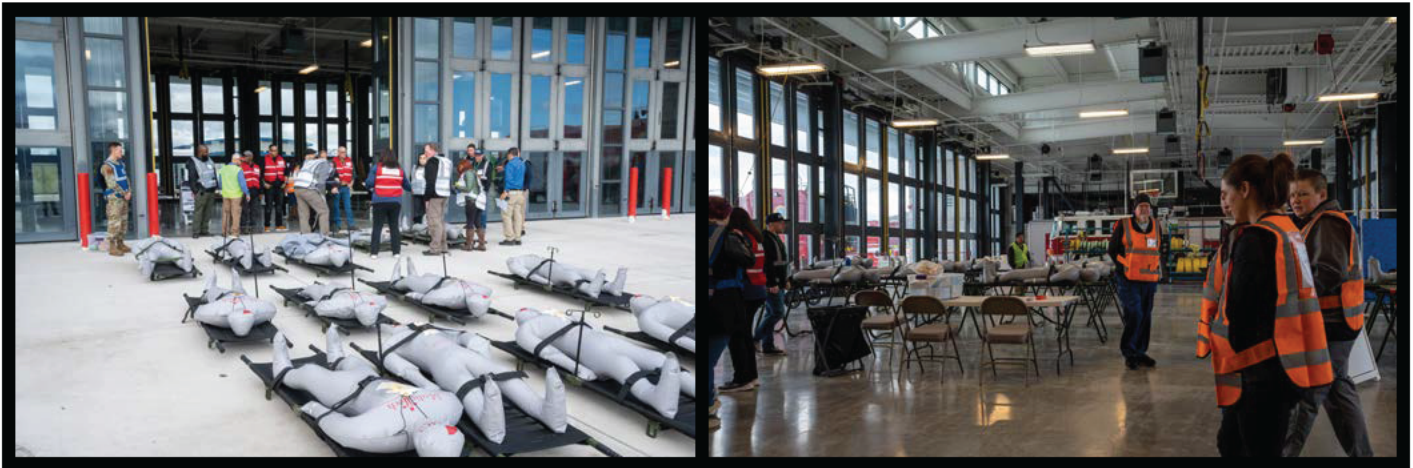
**INTERESTED IN  
BEING A MENTEE?**



**CLICK/SCAN HERE**

# Nevada Air Guard hosts Veterans Healthcare Administration Exercise

Story and Photos by: Senior Master Sgt. Paula Macomber  
152nd Airlift Wing Public Affairs



The Nevada Air National Guard base hosted the Veterans Healthcare Administration (VHA)'s patient transport exercise in the fire house on March 15, 2023. This exercise provided the Reno Veterans Administration (VA) Medical Center and other community stakeholders (Nevada State Health Department, Washoe County Health Department (WCHD), Veteran's Administration Sierra Nevada Health Care System, Washoe County Office of Emergency Management, Reno-Tahoe Airport Authority, and local hospitals) the opportunity to collaboratively practice receiving patients flown to the area in response to a disaster of national significance. The NVANG Fire Department provided the facility and the 152nd Communications Flight (152CF) assisted with communications.

This exercise simulated the activation of the National Disaster Medical System (NDMS) that resulted in the receipt, triage, processing, monitoring, and subsequent transport of 35 patients to Reno area hospitals flown in on C-130s from hospitals in a simulated disaster-affected part of the United States (in this case, Memphis after an earthquake).

During this NDMS activation, the base would serve as a receiving hub for patients from disaster-stricken hospitals that would be transported into the Reno/Northern Nevada area for continued care. The VA Medical Center (VAMC) staff are trained and practice with community partners so that collaboration of capabilities is noted prior to a large-scale incident to ensure that the patients are safely transported to the right

place at the right time using the right resources. VA doctors, nurses, pharmacists, medical clerks, and logisticians would manage the patients, while REMSA and WCHD coordinate patient hospital destinations and ambulance transport, and the National Guard would provide the necessary support and resources to make it happen (Fire Station and 152CF).

This integral training is important when the real possibility of receiving those in serious need from other parts of the country could happen during an actual disaster. Classroom orientation was provided last year to the community stakeholders as part of the preparation required for this exercise. The hands-on training and orientation to the patient reception team (VA Medical Center staff, REMSA, and Washoe County Health) at the fire station was provided by Rafael Vargas and five other VA Emergency Management Specialists.

Vargas, an 18-year Emergency Management Specialist assigned as an Area Emergency Manager (AEM) supporting the Reno VA Medical Center, directed the exercise with the assistance of several others.

"I'm privileged to be working with our local and state partners to ensure that we're collectively ready to keep President Lincoln's promise to care for those in need during disasters," Vargas said.

He is one of approximately 40 AEMs strategically placed around the country who work with local VA medical facilities and communities, daily,

*VA, cont. next page*

VA, *cont.*

to assist with mitigation, preparedness, response, and recovery efforts. His job is to provide subject matter expertise assistance to the VA's regional Veterans Integrated Service Networks (VISNs) and their associated VA Medical Facilities and is deployable within CONUS to ensure the continuity of VA health care operations during disasters and other emergencies that impact or threaten to impact the delivery of health care services to Veterans. AEMs also play a key role in NDMS patient movement operations, by providing technical assistance and support to VA medical facilities designated as Federal Coordinating Centers (facilities responsible for managing patient movement to local hospitals and track patients until they return home). He is also a Registered Nurse (the only one in the AEM cadre), and retired Navy Nurse Corps lieutenant. Three other AEMs assisted (from Los Angeles, San Francisco, and Las

Vegas) along with the Reno VAMC Emergency Manager, her assistant, and her VISN Emergency Manager.

"I wanted to take this opportunity to thank everyone involved for assisting the VA with its first Patient Reception Exercise in Northern Nevada since 2018," Vargas continued, "This exercise would not have been possible without their input, guidance, resources, and expertise. My colleagues at VHA's Office of Emergency Management and at the Reno VA Medical Center enjoyed working with everyone involved and look forward to continuing doing so with the 152nd the other Northern Nevada community partners. I must also say that the exercise players, nearly 40+ of them civilians without any military experience, left with a greater appreciation of the Air National Guard and its capabilities. Thank you all for providing that experience."



U.S. AIR FORCE

# Spectrum of Resilience

Supporting Airmen and their Families to help them thrive

SELF	FAMILY & FRIENDS	PEER/SOCIAL	SUPPORT ENTITIES	CLINICAL/MEDICAL HEALTH
Stress Management Physical Fitness Mental Fitness Spiritual Fitness Financial Services Wellness	Spouses Partners Friends Virtual Friends Family Members Mentors	Religious Groups MWR Shared Hobbies Professional Organizations Sports Teams Clubs Co-Workers	Chaplains Military & Family Readiness Center Victim Advocates Victims Counsel Employee Assistance Ops Support Teams True North Unit Leaders Military OneSource	TRICARE Mental Health Clinic Behavioral Health Counseling ADAPT
				

**We encourage Airmen and their Families to seek out the help needed at any level, and to be a support, help or bridge for others across the full Spectrum of Resilience.**

Visit <https://www.resilience.af.mil/>

for more information on resources available to you and your family.

\*Available resources may vary by installation.



# BOBINSKY'S BOOK EXCHANGE NOW OPEN

PUBLIC AFFAIRS OFFICE

**BUILDING 500 – ROOM 213**

.....

BRING YOUR GENTLY USED BOOKS; LOOK  
THROUGH WHAT WE ALREADY HAVE!!

.....

**FOR MORE INFORMATION,  
CALL THE PA OFFICE:**

.....

**775-788-4515**



# MILITARY SPOUSE *Appreciation Luncheon*

Saturday 13th May  
11am - 1pm  
Doors Open at 10:45am

152d Airlift Wing | Base Dining Facility  
1776 National Guard Way

Guest Speakers | Lunch | Prizes

Please RSVP by Friday 5th May

<https://einvitations.afit.edu/inv/anim.cfm?i=715997&k=056047007250>



NEVADA NATIONAL GUARD

# JOIN US FOR THE 11TH ANNUAL

# POOL Party



**NEVADA NATIONAL GUARD  
FAMILIES PICNIC AND POOL PARTY**

**AUGUST 19, 2022**

**10:00- 3:00 PM**

**FREE HOT DOGS / HAMBURGERS WITH ALL THE  
TRIMMINGS WATER AND SOFT DRINKS.**

**ENJOY THE DAY...THE POOL...  
AND ...THE FOOD !**



NVANG  
MAINTENANCE  
GROUP, WILL BE  
SPONSORING  
"A WATER-GUN"  
COMPETITION  
DURING THIS EVENT

<https://einvitations.afit.edu/inv/rsvp.cfm?i=717827&k=056045017950>

**POC:**

Fred Barton

M&FRPM

fred.barton@us.af.mil

OR

Ana Gauna

Soldiers and Family

Readiness Specialist

ana.m.gauna.nfg@mail.mil

**SCAN ME**



# TEC-U

## LEADERSHIP CERTIFICATE PROGRAM\* ONLINE

### NOT THE TYPICAL 2-HOUR CBT!

### SIX MANDATORY COURSES

- PERSONAL/PROFESSIONAL DEVELOPMENT (1HR)
- INTRODUCTION TO LEADERSHIP (1HR)
- FUNDAMENTALS OF LEADERSHIP (2HRS)
- EFFECTIVE COMMUNICATION (1HR)
- CONFLICT RESOLUTION (1HR)
- FEEDBACK (1HR)

### TWO OPTIONAL COURSES

- BULLET WRITING (2 HRS)
- COACHING (1HR)
- CHANGE MANAGEMENT (1HR)
- TEAM CULTURE (1HR)
- DICHOTOMY OF LEADERSHIP (1HR)

### **EASY AS 1, 2, 3!**

1. THERE ARE SIX MANDATORY "CORE" CLASSES TO COMPLETE.
2. CHOOSE TWO OF THE "OPTIONAL" CLASSES TO COMPLETE.
3. COMPLETE A "CAPSTONE" STUDY, IN WHICH A SCENARIO WILL BE GIVEN TO ANSWER QUESTIONS ON HOW TO APPLY THE CONCEPTS AND PRINCIPLES LEARNED. THIS IS THE CULMINATION OF ALL THE PREVIOUS LESSONS.



**SIX MONTHS TO COMPLETE  
SIGN UP HERE:**

**[tec.mediashareiq.com](http://tec.mediashareiq.com)**



### **FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY**

Email: [lawrence.mccoy.1@us.af.mil](mailto:lawrence.mccoy.1@us.af.mil)  
Superintendent, Learning Development  
TEC University  
McGhee Tyson ANGB, TN  
DSN: 266-3803 Comm: 865-336-3803  
Telework: 865-386-8391

\*This is a total force course,  
open to all services and civilians  
Bullet Writing Course is Air Force Specific

**Magellan**  
HEALTHCARE.

# Momentum

## Coping with seasonal changes

It's getting to be that time again—when daylight dwindles and temperatures tumble. The heaviness accompanying the transition to winter can challenge your body as you try to adjust to changes in light, temperature and weather.

However, there are steps you can take to minimize the gloom.

- **Go easy.** Acclimating to seasonal change takes about two weeks in people who are generally healthy.
- **Exercise regularly.** Regular workouts (even just walking) will help you stay strong and manage seasonal changes better.
- **Seek light.** Natural light improves your mood and is a natural source of vitamin D.
- **Drink water.** Staying well hydrated helps the body protect tissues and joints, keep the body's temperature normal and better weather seasonal changes.

*Additional sources: Healthwise, YogaBasics, VeryWellMind, NationalToday, 24/7 Wall St.*

Contact your program

# 24/7/365

for confidential, no-cost help for  
you and your household members.

**Live Webinar**—Join our webinar on how to manage seasonal stress: *Thriving Through the Holidays*, on Wednesday, November 9. Register [here](#).

Air Force EAP  
**1-866-580-9078 (TTY 711)**  
[www.AFPC.AF.MIL/EAP](http://www.AFPC.AF.MIL/EAP)

## Discount Center

This season, save money on the products and services you use and value most. Your program includes access to LifeMart online shopping, offering savings (as much as 60%) on travel, entertainment, regional attractions, cars, and day-to-day essentials like groceries, food delivery and child care.



## Mind Your Mental Health

### November is National Family Caregivers Month

This is a time to recognize and celebrate those who lovingly give baths, clean houses, shop for and comfort loved ones who are elderly or ill. Providing care is a supremely challenging role, and caregivers deserve our support and praise. If you're a caregiver:

- **Acknowledge and be proud of how much you do.** There's no such thing as a perfect caregiver, so just do your best to get through each day.
- **Take breaks.** Arranging for respite care services (via skilled caregiving coverage in-home or at a center) will give you much-needed time off.
- **Maintain good diet, sleep and exercise habits.** Make sure to eat balanced meals. Try not to give in to stress eating. Also, get enough sleep; strive for 7–8 hours per night.
- **Talk with others about your challenges.** A caregiving support group is a great way to share information, support and encouragement.

Visit [MagellanHealthcare.com/about/bh-resources/mymh](https://MagellanHealthcare.com/about/bh-resources/mymh) or call your program for confidential mental health resources.

## Working on Wellbeing

### How to practice yoga

- Yoga is a diverse collection of techniques and practices aimed at integrating the mind, body and spirit. It involves movement and breathing exercises. Many people practice yoga to improve overall health including flexibility, stress relief and physical fitness.
- Learn about beginning yoga, its styles and poses (asanas) via YouTube videos, books, or online or in-person classes. Start with short, straightforward yoga sessions including basic beginner's stretching postures, then gradually add more challenging postures.

## Managing Work-Life Flow

### Positivity and resilience

Resilience is an inner strength that helps you bounce back from life's difficulties. An important part of resilience is maintaining a positive, hopeful outlook. This doesn't mean intentionally ignoring problems; it means recognizing that setbacks are *temporary* and that you have the ability to navigate through challenges. When facing a difficult time, list possible ways you could adapt to the situation. Positively shift your focus from the impact of problems to what you will do next.

## Money Matters

### November 2022 financial webinar

#### How to Navigate Your Finances While Caregiving

Tuesday, November 8. Register here: [9 am PT](#) | [12 pm PT](#)

While caregiving can be a labor of love, it also can be challenging and overwhelming. Consider different caregiving scenarios and their associated budgeting, healthcare and estate planning implications. Review ways to cover current caregiving expenses while still enabling the caregiver(s) to fund their long-term goals.

# TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

Number of Characters	Numbers Only	Lowercase Letters	Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters	Numbers, Upper and Lowercase Letters, Symbols
4	Instantly	Instantly	Instantly	Instantly	Instantly
5	Instantly	Instantly	Instantly	Instantly	Instantly
6	Instantly	Instantly	Instantly	Instantly	Instantly
7	Instantly	Instantly	2 secs	7 secs	31 secs
8	Instantly	Instantly	2 mins	7 mins	39 mins
9	Instantly	10 secs	1 hour	7 hours	2 days
10	Instantly	4 mins	3 days	3 weeks	5 months
11	Instantly	2 hours	5 months	3 years	34 years
12	2 secs	2 days	24 years	200 years	3k years
13	19 secs	2 months	1k years	12k years	202k years
14	3 mins	4 years	64k years	750k years	16m years
15	32 mins	100 years	3m years	46m years	1bn years
16	5 hours	3k years	173m years	3bn years	92bn years
17	2 days	69k years	9bn years	179bn years	7tn years
18	3 weeks	2m years	467bn years	11tn years	438tn years

# 2023 NVANG MHAM Events



The NVNG J9 is hosting various events, activities, and resources this **Mental Health Awareness Month (MHAM)** for Soldiers, Airmen, family members, and NVNG civilian staff to participate in. Some events are shown below, and others are on the virtual calendar that can be accessed by scanning the QR code.  
**#ConnectToCare** this May by going to one or all of the events!

## Upcoming Events

**Mobile Vet Center** on 2-3 June  
from 0800 to 1700 @ the parking lot  
across from BLDG 56

**VA's S.A.V.E.** on 2 June  
from 1000 to 1130 &  
1300 to 1430 @ TBA

**safeTALK** on 3 June  
from TBA @ TBA

**Therapy Dogs** on 3 June  
from 0800 to 1700 @ the Air Base



**U.S. Department  
of Veterans Affairs**  
VA Sierra Nevada Health Care System



**NEVADA NATIONAL GUARD**  
Warrior Wellness and Support Services

# RENO MOBILE VET CENTER WILL BE AT WCA ON 2 APRIL

**FROM**  
**0830 to 0930**  
**AND**  
**1030 to 1600**



Visit [www.va.gov/reno-vet-center/](http://www.va.gov/reno-vet-center/) for more  
information on the Reno Vet Center.



If you have over 20 years military service and would like to be included on the new "High Roller Board" on the TV at the entrance of Building 56--make sure your Official Photo (Blues photo) is up-to-date and current. Let Public Affairs know and we will include your photo.



## COMBATING TRAFFICKING IN PERSONS U.S. DEPARTMENT OF DEFENSE



# THERE'S NO ONE FACE

VICTIMS INCLUDE EVERY RACE, GENDER, NATIONALITY,  
SOCIAL STATUS, ECONOMIC STATUS, IMMIGRATION STATUS.

# RECOGNIZE INDICATORS

PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF  
FREEDOM OR FREE WILL, MONITORED, OR FEARFUL.

# REPORT SUSPICIONS

IMMEDIATELY TO YOUR CHAIN OF COMMAND OR  
LOCAL LAW ENFORCEMENT.

## ADDITIONAL RESOURCES INCLUDE:

HUMAN TRAFFICKING DOD HOTLINE AT  
DODIG.MIL/HOTLINE OR CALL TOLL-FREE

**800-424-9098**

NATIONAL HUMAN TRAFFICKING HOTLINE

**1-888-373-7888**

FOR MORE INFORMATION GO TO: <https://CTIP.defense.gov>

# Why Join NVEANGUS?

Fighting for Premium Free  
Healthcare for DSG, MDAY  
Members

Scholarships &  
Emergency Grants

E4 and below 1 year FREE  
membership

Coupon code E4BELOW



NVEANGUS

WWW.NEVADAEANGUS.ORG

# Handwashing

## at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

### How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

### Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



### What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Centers for Disease  
Control and Prevention  
National Center for Emerging and  
Zoonotic Infectious Diseases

## When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

## What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

## How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

Studies have  
shown that  
handwashing  
can prevent

**1 in 3**

diarrhea-related  
sicknesses and

**1 in 5**

respiratory  
infections, such as  
a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

**[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)**