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Handwashing 101 Video Launched by SMH

PLYMOUTH, N.H. --- “Let’s get it started” is the rally cry from Speare Memorial Hospital in promoting the importance of hand washing to prevent the spread of disease, and has launched a new [Handwashing 101](#) video.

Accessible from the Speare Memorial’s web site at www.spearehospital.com and posted on its Facebook page, the video features Speare employees and volunteers in an entertaining public service announcement about the proper way to wash your hands. While the message is simple, the impact can be significant as the height of cold and flu season approaches.

“Washing your hands is the simplest and most effective way to prevent the spread of disease,” says Michele Hutchins, Speare’s director of community relations. “And it is something everyone can do. We decided to take a global message from the CDC—the proper way to wash your hands— localize it and have a little fun at the same time.”

The video, just over a minute long, details the recommended steps for effective hand washing and the acceptable use of alcohol based hand sanitizers in the absence of hot water and soap, against the back drop of SMH employees and volunteers doing a hand dance. “The video is intended to entertain as well as educate,” notes Hutchins, “and we hope the community will find it a useful tool in promoting health and wellness.

Speare Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century. Visit online at www.spearehospital.com or join us on Facebook.

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