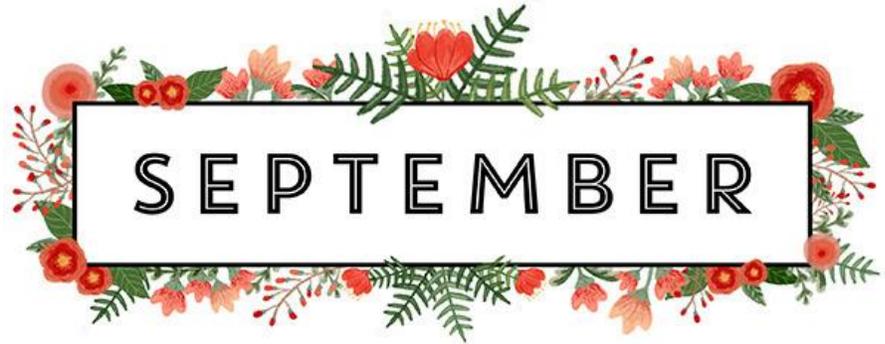


September 2021



Health Tip: Hand Hygiene

Washing your hands correctly (or using an alcohol-based hand rub) is the most effective thing you can do to protect yourself against a number of infectious diseases, such as influenza (the "flu") and the common cold. Not only will it help keep you healthy, it will help prevent the spread of infectious diseases to others.

Source: Health Canada

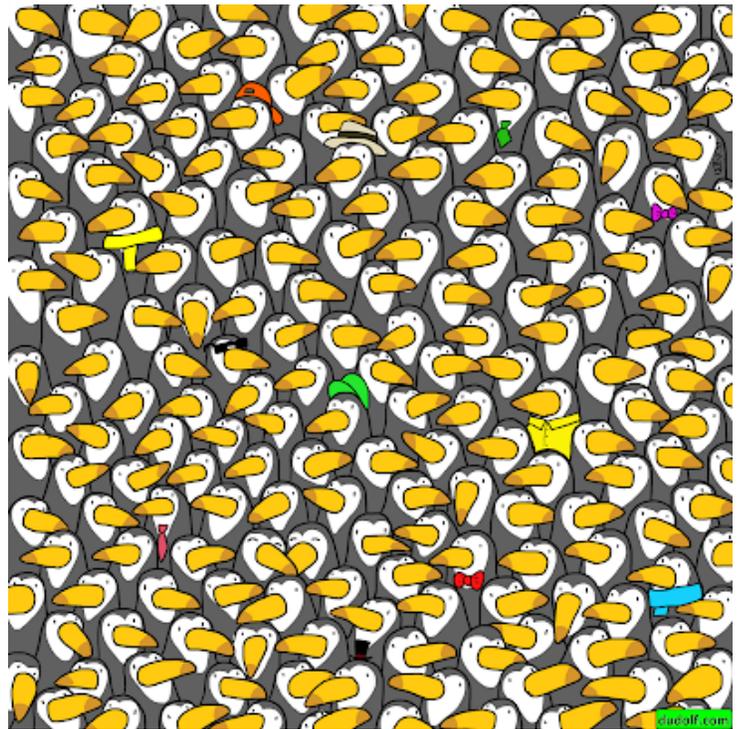
For more information visit:

www.patientsafetyinstitute.ca

or speak to your health care professional



Mind Teaser:



At first glance, this dizzying illustration by Gergely Dudas looks like a forest of penguins. But he swears there's just one penguin among them – the rest are toucans.

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Fun Facts:

-There actually aren't "57 varieties" of Heinz ketchup, and never were.

Company founder H.J. Heinz thought his product should have a number, and he liked 57. Hint: Hit the glass bottle on the "57," not the bottom, to get the ketchup to flow.

-Sliced bread was first manufactured by machine and sold in the 1920s by the Chillicothe Baking Company in Missouri. It was the greatest thing since...unsliced bread?

-Cows don't actually have four stomachs; they have one stomach with four compartments.

-Polar bears have black skin. And actually, their fur isn't white—it's see-through, so it appears white as it reflects light.

-Flamingoes are only pink because of chemicals called carotenoids in the algae and fish (which also eat the algae) they eat; their feathers are grayish white when they're born.

-Mosquitoes are the deadliest animal in the world: They kill more people than any other creature, due to the diseases they carry.

-German chocolate cake doesn't come from Germany. It was named for a person, Sam German, who created a type of baking chocolate for Baker's in 1852.



Our little Hawaiian



Hula hoop champion



Curling enjoyed by all