

National Handwashing Awareness Week



December 1-7 is National Handwashing Awareness Week. Personal hygiene is a top priority not only for yourself, but others around you. Keeping clean hands is essentially important from spreading COVID-19. Part of National Handwashing Awareness Week is to properly teach you on how to wash your hands. There are five easy steps to follow

- Wet your hands with clean, running water
- Rub your hands together with soap
- Scrub your hands for at least 20 seconds
- Rinse your hands under clean, running water
- Dry your hands with a clean towel or air dry them

The Centers for Disease Control and Prevention (CDC) provides additional information on when and how to wash your hands [here](#)

Sign Up for a FREE Virtual Consultation with IHEC

Update: Due to COVID-19, consultations will be virtual until further notice

The purpose of an IHEC consultation visit is for campuses to enhance or strengthen their current programming, provide data to justify need for future programming, and to ensure compliance with state and federal regulations. IHEC staff members are available to guide colleges and universities in assessment, planning, and evaluation of campus AODV prevention efforts through technical assistance and use of assessment instruments developed for this project. Through consultation visits IHEC expects to fuel universities to make changes for the better

After the consultation has been completed, IHEC staff members will provide the campus representative with a comprehensive report that will guide campuses toward progressive AODV prevention modifications. Consultation visits typically take a day, and can be coordinated with an array of faculty members. You can also visit

<https://www.eiu.edu/ihec/consultationvisits.php> for additional information.

Upcoming Events

IHEC'S Virtual Fall Affiliate Meeting - Marijuana Is Legal! "NOW WHAT?"

[Register Here](#)

IHEC FALL AFFILIATE MEETING



Bryan Wright



Jake White

Date: December 2nd, 2020
9:00AM-3:30PM CST (opens at 8:30AM)
Place: Virtual
Register: https://eiu.zoom.us/meeting/register/tjYvf-Csqj8vHdedkRSmdbK0I9KBEq_mPkMO

Webinar/Trainings:

Date: **December 4, 2020**

Place: Webinar (45-90 Minutes)

Presenter: Alicia K. Czachowski

Title: Contact Tracing: What's Alcohol Got to do with it?

Time: 1:30PM CST

Sign Up [Here](#)

Date: **December 8, 2020**

Place: Webinar (45-90 Minutes)

Presenter: Amelia Burke-Garcia, PhD

Title: Digital and Social Media Use in Research

Time: 2:00PM CST

Sign Up [Here](#)

Date: **December 9, 2020**

Place: Webinar (45-90 Minutes)

Presenter: Jake White

Title: Engage More Students with Peer Led Sober Parties!

Time: 10:00AM CST

Sign Up [Here](#)

Date: **December 10, 2020**

Place: Webinar (45-90 Minutes)

Presenter: Ashleigh Hala

Title: Amnesty for Alcohol Emergencies: Benefits, Barriers and Opportunities

Time: 10:00AM CST

Sign Up [Here](#)

Date: **December 11, 2020**

Place: Webinar (45-90 Minutes)

Presenter: Nicholas Brady

Title: Taking the Time Students Need: Three Strategies for Self-Care

Time: 10:00AM CST

Sign Up [Here](#)

Continuing Education Units (CEU's)

IHEC offers free CEU's at all webinars and trainings!

For more information about what CEU's we will be offering please contact us.

Tips for Celebrating the Holidays

We're in the part of the Calendar where there are a lot of holiday celebrations. It's best to keep in mind that in the past 7 days there has been more than 1 million cases of COVID. But it's also known that vacations are for a time of rest and relaxation with friends and family. Here are some concerns you should keep in mind during the holidays

- Community levels of COVID-19
- Exposure during travel
- Location of the gathering
- Duration of the gathering
- number and crowding of people at the gathering
- Behaviors of attendees prior to the gathering
- Behaviors of attendees during the gathering

It's best to avoid holiday gatherings if

- You have been diagnosed with COVID-19
- Has symptoms of COVID-19
- Waiting for COVID-19 test results
- May have been exposed to someone with COVID-19 in the past 14 days
- Is at increased risk of severe illness from COVID-19

For more information go to [CDC.Gov/COVID-19](https://www.cdc.gov/COVID-19)



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Closing Comments

IHEC truly values feedback from our affiliates. Your feedback allows us to continue to make improvements in order to better meet your needs. Please do not hesitate to reach out with any comments, concerns or suggestions by emailing us at ihec@eiu.edu. We are looking forward to another great year!

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