

# January 2024

Remember to  
wash your hands



## Stay Healthy, Stay Safe



As we continue our collective efforts to safeguard our community against Covid, Flu and RSV, it's crucial to reinforce the importance of consistent health measures. These simple yet powerful steps are our strongest defense against illness:

1. Extensive Hand Washing:  
Frequent hand washing remains one of the most effective practices to prevent the spread of germs. Remember to lather up with soap and water for at least 20 seconds, especially after being in public spaces
2. Social Distancing:  
Maintaining a safe distance from others outside your household continues to be essential. While we cherish connections, keeping a respectful distance helps minimize the risk of transmission.
3. Mask Usage:  
Wearing a mask adds an extra layer of protection, reducing the chances of inhaling harmful particles. Ensure your mask fits snugly and covers both your nose and mouth whenever you are in shared spaces.
4. Get All Available Immunizations:  
Vaccinations are a key defense against RSV, Flu, covid and all of its variants. Stay updated with all available immunizations to strengthen your body's ability to fight illness effectively.

By consistently following these measures we're not only protecting ourselves but also contributing to the well-being of our entire community. Let's continue to support each other and prioritize everyone's health.



## FUN FACTS

- JANUARY IS CONSIDERED THE COLDEST MONTH OF THE YEAR IN THE NORTHERN HEMISPHERE, AND THE WARMEST MONTH IN THE SOUTHERN HEMISPHERE.
- DURING THE WINTER SOLSTICE, THE ARTIC CIRCLE ENCOUNTERS A FULL DAY OF DARKNESS, LASTING A FULL 24 HOURS.
- THE TERM FOR THE REAR OF SNOW IS CHIONOPHOBIA.
- A SNOWFLAKE CONSISTENTLY HAS SIX SIDES.
- THE CHINESE NEW YEAR IS CELEBRATED BY CLOSE TO 1/4 OF THE WORLD'S POPULATION.
- ELVIS PRESLEY WAS BORN ON JANUARY 8, 1935.



WHY WAS THE SNOWMAN LOOKING IN THE BAG OF CARROTS?  
HE WAS PICKING HIS NOSE.

WHAT IS FROSTY'S FAVOURITE MEXICAN FOOD?  
BRRRRRR — ITOS.

WHAT DO YOU GET WHEN YOU CROSS A SNOWMAN WITH A VAMPIRE?  
FROSTBITE.

WHAT KIND OF BALL DOESN'T BOUNCE?  
A SNOWBALL.

WHAT DOES A GINGERBREAD MAN PUT ON HIS BED?  
A COOKIE SHEET.

WHO WERE FROSTY'S PARENTS?  
MOM AND POP-SICLE.



And now we welcome  
the new year.  
Full of things that  
have never been.

Rainer Maria Rilke

