



Hand-Washing

Presentation Manual



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This hand-washing presentation was developed for use by teachers, student teachers, school nurses, parents, scout leaders and any other community members interested in teaching children about the importance of effective hand-washing.

Thank you for helping children learn the importance of hand-washing so they can help prevent the spread of illness!

Proper hand-washing keeps you healthy lesson

Goal:

To introduce children to the concept that clean hands have a direct relationship to maintaining health and preventing illness.

Method:

You should conduct a half-hour interactive program that includes discussion about germs, how they are spread and a hand-washing demonstration.

Objectives:

At the end of the program, participants should be able to state why it is important for them to wash their hands. The correct answer is: "germs" are the cause of illness, such as colds and flu.

Participants also should be able to demonstrate good hand-washing technique and identify when it is most important to wash their hands. They should know that: germs are on surfaces they commonly touch, and that hands should always be washed before eating, after using the bathroom or blowing your nose.

Materials needed

Biodegradable glitter (small container)
about $\frac{1}{8}$ teaspoon per person.

Stuffed toy (optional)

Mirror (optional)

Discussion Points

General message: Germs (bacteria and viruses) are so small that they cannot be seen without a microscope, but are found almost everywhere. When you touch things with germs, you get germs on your hands and they can get inside your body and make you sick. However, you can get rid of germs and help avoid illness simply by washing your hands thoroughly and regularly.

For older students: Bacteria and viruses can cause illnesses and diseases such as upper and lower respiratory tract infections, influenza, pneumonia, shigellosis and hepatitis A and B. There are four ways that germs can be spread: fecal-oral contact (hepatitis A and shigellosis), direct/close contact, blood contact (HIV/AIDS and hepatitis B) and respiratory/airborne contact (influenza and colds).

How to wash your hands:

- Wet hands with warm, running water
- Apply soap (use liquid when possible)
- Rub hands together, making bubbles for 15 to 20 seconds (about the time it takes to sing the ABC's)
- Scrub underneath fingernails
- Rinse hands and dry thoroughly with a clean towel or air dryer



When to wash your hands:

There are many times when it's very important to wash your hands, including after using the bathroom or before preparing, touching, or eating food. Also be sure to wash after playing with animals, handling money, coughing, sneezing or blowing your nose and before unloading the dishwasher or setting the table.

Make hand-washing a habit:

Remember that the act of hand-washing needs to be reinforced several times throughout the day and that it's especially important before meals and after using the bathroom.

Activity: Show how germs can be passed from person to person

1. Have children sit around a table so they can see each other.
 2. Show the children the glitter and explain that we are pretending the glitter are germs.
 3. Pour a small amount of glitter on your hand and pat your hands together gently.
 4. Shake hands with a child, cupping both your hands over theirs.
 5. Ask that child to shake hands with their neighbor and repeat around the table.
 6. Have children examine their hands, can they see the pretend germs (glitter)?
 7. Have children look at the table, can they see the pretend germs (glitter)?
 8. Have student's wash hands following proper hand washing steps detailed in this manual.
 9. Examine hands to show all pretend germs (glitter) are gone.
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Other suggestions

Have participant, with glitter on hands, hold a small stuffed toy and then pass the toy around to show the spread of germs.

Have participant, with glitter on hands, pick up a piece of bread and fold in half to make a 'sandwich'. Ask if they would want to eat all those 'germs' (throw bread away). The same can be done with an apple or a pencil.

Have participant look in mirror. Can you see glitter on your face? Explain how touching your face (eyes, nose, mouth) can allow germs to enter the body and cause illness, like colds or flu.

Use work sheets/coloring sheets included as appropriate for age and level of understanding.

Glo Germ™ kits that include lesson plans, black light and Glo Germ gel can be purchased for higher level learning at glo Germ.com

To learn more and watch videos about proper handwashing, visit cdc.gov/handwashing



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