



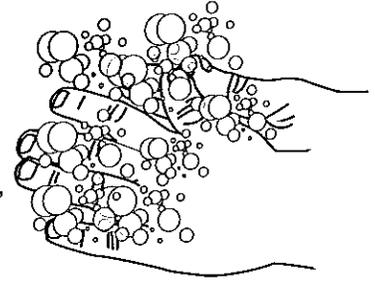
LESSON 2

Washing Hands the Right Way

Student Learning Objective:	National Health Education Standard:
1. Demonstrate skills to reduce the spread of germs.	• Self Management

Lesson Synopsis

Review how to reduce the spread of germs when coughing and sneezing. Illustrate how germs spread by touching. Identify the importance of hand washing and watch the video, *Keeping Clean*. Demonstrate proper hand washing techniques. Play the song, "Keep the Germs Away", while students make hand prints. Have students wash their hands to remove the paint. Distribute "Hand Washing Certificates." Summarize by discussing the importance of hand washing and other ways to reduce the spread of germs.



Activity	Time in Minutes	Materials Needed
Introduction	1	<ul style="list-style-type: none"> • None
Teacher Input	22	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Video [DVD]: <i>Keeping Clean</i>, (17 minutes), School Media • Poster: "Keep G-E-R-M-S Away," Michigan Model for Health Clearinghouse <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Teacher Reference: "Proper Hand Washing" <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • Facial tissue • Flour, one tablespoon • AV equipment • Dark-colored balloon (Extension Activity) • Flour to coat students' hands (Extension Activity) • White paper (Extension Activity) • White crayons (Extension Activity) • Watercolors (Extension Activity)
Application or Skill Practice	10	<p>Health Education Materials</p> <ul style="list-style-type: none"> • Book: <i>Those Mean, Nasty, Dirty, Downright Disgusting, Invisible Germs</i>, by Judith Rice (Extension Activity) <p>Teacher Manual Resources</p> <ul style="list-style-type: none"> • Student Worksheet: "Hand Washing Certificate" <p>Supplied by the Teacher</p> <ul style="list-style-type: none"> • CD player • Construction paper, one sheet per student • White tempera paint • Crayons or markers • Sink with running water • Soap

Closure	2	Teacher Manual Resources <ul style="list-style-type: none"> • Family Resource Sheet: "Preventing the Spread of Germs" • Family Resource Sheet: "When to Keep Children Home From School"
TOTAL	35	

Preparation

For Teacher Input:

- **Prepare the facial tissue** with flour for use in the Introduction.
- **Read** the teacher reference, "Proper Hand Washing." Be prepared to demonstrate proper hand washing.
- **Preview** the video. The video is 17 minutes in length and may be too long to hold the attention of some first graders. There are six chapters or sections in the video.
 1. Introduction
 2. Germs, Germs, and More Germs
 3. Are Your Hands Really Clean?
 4. Washing Your Hands the Right Way
 5. Do You Really Need Soap?
 6. The Right Way, the Healthy Way

Decide if you want to show them on different days or at different times of the day. All of the sections are relevant to hand washing. However, the most pertinent for this lesson is chapter 4.

- **Contact** your local hospital to see if it has an education department that offers programs for school children on preventing the spread of germs and other health topics. If it does, invite a hospital health educator to talk with your class.

For Application or Skill Practice:

- **Duplicate and prepare** the student worksheet, "Hand Washing Certificate," for each student.

For Closure:

- **Decide** if you will send home one or both of the family resource sheets.
- **Duplicate** the family resource sheet(s), "Preventing the Spread of Germs" and/or "When to Keep Children Home From School," for students to take home.

LESSON PROCEDURE

Introduction: Review how to reduce the spread of germs when coughing and sneezing.

Approximately 1 minute

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review how to reduce the spread of germs when coughing and sneezing.	<p><i>In our last health lesson we learned how to reduce the spread of germs. If you remember what to do, pretend you are doing it now.</i></p> <p>Answers: Cover your nose and mouth. Cough or sneeze into your elbow or sleeve.</p>	
Introduce the focus on the lesson.	<p><i>Let's learn more about how germs spread between people and how we can reduce the spread.</i></p>	

Teacher Input: Illustrate how germs are spread by touching. Explain the importance of hand washing and demonstrate proper hand washing techniques.

Approximately 22 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Illustrate how germs spread by touching.</p>	<p><i>Pretend I just sneezed and used this facial tissue to cover my nose and mouth. Now the facial tissue has germs in it!</i></p> <p>Let's pretend the flour in this facial tissue represents the germs. Notice my hands. What do you see?</p> <p>Answer: They are covered with "germs."</p> <p><i>We can't see or smell germs, but we can use this demonstration to see how easily germs spread.</i></p> <p>Draw the students' attention to how quickly germs can spread.</p> <ul style="list-style-type: none"> • Put the facial tissue on a desk or table; pick it up again. • Put the facial tissue into your pocket. • Shake hands with several students or touch objects in the room. 	 <p>Carry out demonstration with a few student volunteers or the whole class.</p>
<p>Reinforce throwing used tissues away.</p> <p>Introduce hand washing.</p>	<p>What do you think I should have done with my facial tissue right away?</p> <p>Answer: Thrown it away.</p> <p><i>We need to throw away our used tissues immediately. Pantomime what I could have done next to get rid of the germs on my hands.</i></p> <p>Answer: wash hands</p> <p><i>Washing our hands can get rid of dirt and flour. It also gets rid of germs and keeps them from spreading.</i></p>	 <p>Go through the demonstration again. This time, throw away the tissue after "sneezing" and immediately wash your hands. Show students that now no "germs" are spread when you touch things.</p>
<p>Watch the video, <i>Keeping Clean</i>.</p>	<p><i>Let's watch a video that teaches us more about where germs are found and why it's important to wash our hands.</i></p>	 <p>Have students put flour on their hands and bat a dark-colored balloon around to demonstrate the transmission of germs.</p>
<p>Discuss the video.</p>	<p>Who remembers how big germs are?</p> <p>Answer: very tiny, or microscopic</p> <p>Stand up if you can name something that has germs on it.</p> <p>Gather several responses and conclude:</p> <p><i>Germs are everywhere. Washing our hands can help get rid of germs and keep us healthy.</i></p>	 <p>Contact your local hospital to see if it has an education department. If so, they may offer programs for school children on preventing the spread of germs and other health topics.</p>

<p>Review when to wash hands.</p>	<p><i>If you can think of an important time to wash your hands, pretend you are turning on a faucet.</i></p> <p>Guide responses to include the following:</p> <ul style="list-style-type: none"> • after using the bathroom • before and after eating • before and after preparing food • after blowing your nose, coughing, or sneezing • before and after being around someone who is sick • after being in a big group of people • whenever they are visibly dirty or feel sticky • <i>after playing outside or with your pets</i> <p><i>We touch lots of things as we play and work at home and at school. Washing our hands a lot during the day will help wash away the germs we might have gotten from toys or holding hands with a friend.</i></p>	 <p>Have students draw “germs” with white crayons on white paper. Have them paint over it with watercolors to show that “germs” are really there, even though they can’t be seen.</p>
<p>Demonstrate proper hand washing techniques. For more information, see the teacher reference, “Proper Hand Washing.”</p>  <p>Display the poster, “Keep G-E-R-M-S Away.”</p>	<p><i>If you think you know how to wash your hands, rub your hands together.</i></p> <p><i>Why do you think it is important to wash our hands the right way?</i></p> <p>Answer: Germs can stay on hands.</p> <p><i>We’re going to learn the proper way to wash our hands to prevent the spread of germs. Let’s use this poster to help us.</i></p> <p>Point to the steps as you demonstrate them.</p> <p><i>Let’s pretend to wash our hands. Follow me as we go through the steps. Each of these letters stand for something you do when you wash your hands.</i></p> <p>Pantomime washing hands and encourage students to follow you.</p> <p><i>Step One: <u>G</u>et your hands wet while the water is running.</i></p> <p><i>Step Two: <u>E</u>nergetically, use soap and rub your hands together. Work up a good lather, washing vigorously for 18 to 20 seconds; include wrists, back of hands, between fingers, and under fingernails. A good way to make sure you wash long enough is to count to 20 or hum a song, such as Happy Birthday, Row, Row, Row Your Boat, or the ABC Song. You need to hum it twice.</i></p> <p><i>Step Three: <u>R</u>inse your hands and let the water drip into the sink.</i></p> <p><i>Step Four: <u>M</u>ake sure you dry your hands with an individual towel or paper towel.</i></p> <p><i>Step Five: <u>S</u>hut off the faucet handle with the used towel.</i></p> <p><i>It’s best to open the door of the bathroom with the used towel. Then, throw it away.</i></p>	 <p>Students learned proper hand washing in kindergarten of Michigan Model™.</p>

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Make hand prints while listening to music that reinforces hand washing.</p>	<p><i>Keeping our hands clean is important if we are going to prevent the spread of germs.</i></p> <p><i>Let's make some hand prints and then practice washing our hands.</i></p> <p>Give each student a piece of construction paper and a crayon or marker. Have each student write his or her name in one corner of the paper.</p> <p>Each student will make a hand print by laying one hand in white tempera and pressing it onto the construction paper.</p> <p>While the students are working, play the song "Keep the Germs Away."</p>	 <p>Remind students not to touch anything and to patiently wait until it is their turn to wash their hands.</p>
<p>Practice hand washing and distribute the student worksheet, "Hand Washing Certificate."</p> 	<p><i>It looks like it's time to wash our hands. Remember: G-E-R-M-S. Don't forget to hum a song!</i></p> <p><i>I'll be checking your hands to see if they are clean. You will receive a Hand Washing Certificate if both hands are clean.</i></p> <p>Inspect students' hands and distribute certificates.</p>	 <p>Read the book <i>Those Mean, Nasty, Dirty, Downright Disgusting, Invisible Germs.</i></p>

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Identify additional ways to reduce the spread of germs.</p>	<p><i>You did a great job washing your hands. Raise your hand if you can think of another way to reduce the spread of germs.</i></p> <p>Answers:</p> <ul style="list-style-type: none"> • Cover your sneeze or cough. • Stay home when sick. • Don't share food you have touched, eating utensils, cups, or personal care items. • Have an adult clean any cuts or scrapes. • Avoid touching your eyes, nose, or mouth with your hands. • Avoid touching any opening on the skin where germs can get in. 	
<p>Encourage sharing the importance of hand washing with others.</p>	<p><i>Now that we've practiced the right way to wash our hands, who could you tell about this important health habit?</i></p> <p>Answers: parents, brother, sister, friend, etc.</p>	 <p>Send home the hand print pictures and the Hand Washing Certificates.</p>

<p>Distribute the family resource sheet(s), "Preventing the Spread of Germs" and "When to Keep Children Home From School."</p> <p>B</p>	<p><i>These sheets will help you explain to your families what we have learned about preventing the spread of germs. Take them home tonight and talk with your family about not letting germs "hang out" at your house.</i></p>	
<p>Introduce the next health lesson.</p>	<p><i>In our next health lesson, we will think about keeping another part of our body clean. This part of our body is very hard and white in color. Who has a guess what we will be talking about?</i></p> <p>Answer: teeth</p>	





Hand Washing Certificate

- I know why I should wash my hands.
- I know how to wash my hands.
- I know when to wash my hands.
- Ask me - I'll tell you!

passed the Handwashing Test

on _____

by: _____

SOAP



Proper Hand Washing Techniques

Hand washing is the single most effective way to stop the transmission of disease-causing organisms. The following steps are suggested.

G-E-R-M-S

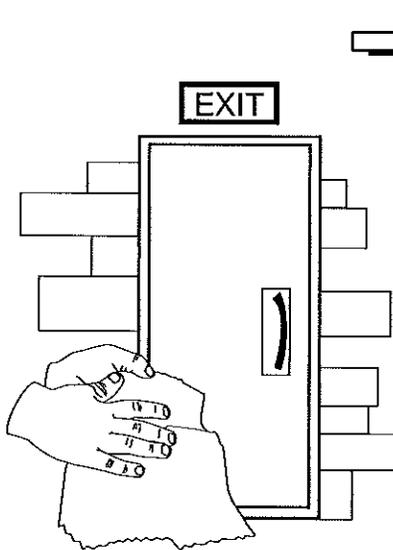
Step One: **G**et your hands wet while the water is running.

Step Two: **E**nergetically, use soap and rub your hands together. Work up a good lather, washing vigorously for 18 to 20 seconds; include wrists, back of hands, between fingers, and under fingernails. A good way to make sure you wash long enough is to count to 20 or hum a short song twice, such as Row, Row, Row Your Boat, Happy Birthday, or The ABC Song.

Step Three: **R**inse your hands and let the water drip into the sink.

Step Four: **M**ake sure you dry your hands with an individual towel or paper towel.

Step Five: **S**hut off the faucet handle with the used towel.



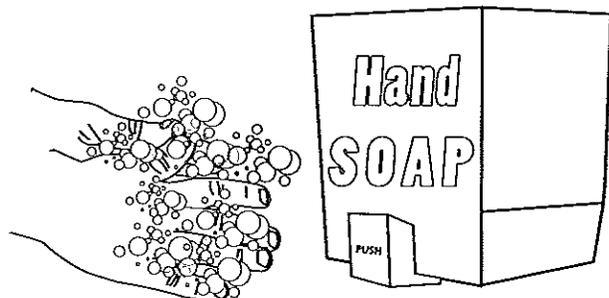
It's best to open the door of the bathroom with the used towel. Then, throw it away.



It may help to remember that there are five letters in the word "germs" and five steps to getting rid of them by hand washing.



The three most important factors when washing hands are *friction*, *running water*, and *adequate time*. Reinforce this concept with your students.





Commonly Asked Questions and Misconceptions

What about soap?

Soap aids good hand washing, but is not vital to it. Unless it is anti-bacterial or hospital grade soap, it doesn't kill germs. But soap does help remove and rinse away dirt and germs. It should be used if available. Otherwise use friction, running water, and extra time.

What about water temperature?

Water that is hot enough to kill germs would burn your skin. Therefore, use warm water if available since it helps to dissolve dirt and germs.

Is liquid soap better than bar soap?

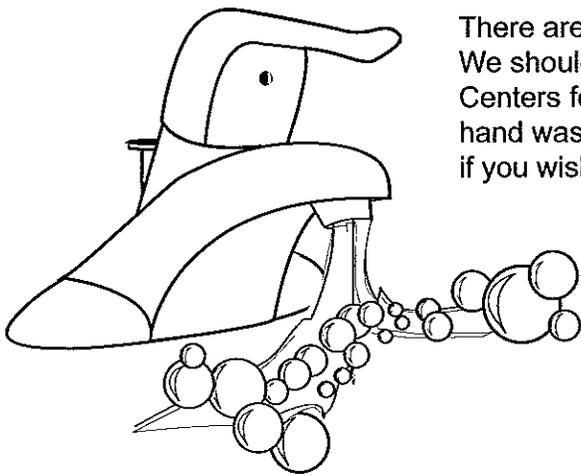
Liquid soap dispensers offer a cleaner soap supply than bar soaps. However, bar soaps are not ideal environments for germs to multiply.

What about alcohol-based hand sanitizers?

These products are great when water is not available, such as when you are traveling or on a field trip. In order for hand sanitizers to work effectively, they must contain at least 60% alcohol. Consequently, help students use these products and avoid leaving the bottle out where students can access it without supervision. The bottles note that the product should be kept out of the reach of children just like any other poison.

When should a person wash their hands?

Wash hands before and after eating; before and after preparing food; after blowing your nose, coughing, or sneezing; after smoking; after (and often before) going to the bathroom; before and after playing with pets; after being around large groups of people or someone who is sick; after changing diapers or helping a child blow their nose.



There are many other occasions when it is appropriate to wash hands. We should wash our hands more than we probably do. Visit the Centers for Disease Control website for more information related to hand washing. You can download posters and brochures for your class if you wish. www.cdc.gov/ncidod/op/

If you can teach your students the significance of germs and proper hand washing, you will have made an enormous impact on their health and hygiene skills!

Preventing the Spread of Germs



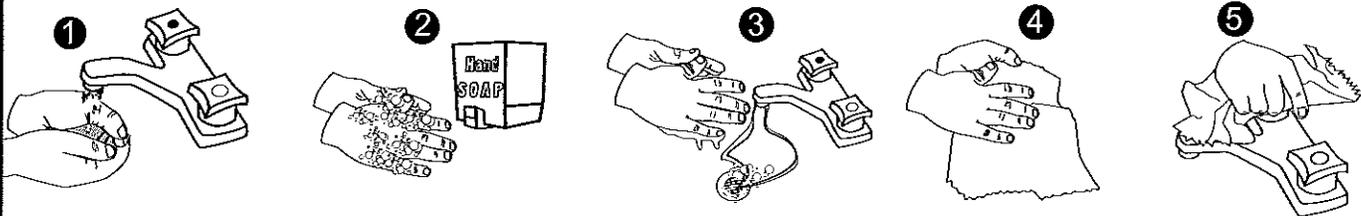
Colds, the flu, and other communicable diseases seem to go along with having children. It's upsetting and worrisome to hear your child say, "I don't feel good."

In our health lessons, your child has been learning about diseases that can be "caught." He or she has learned about germs and how they spread from one person to another. He or she also knows how to reduce the spread of germs.

- Cover sneezes or coughs with a tissue, or cough or sneeze into your elbow or sleeve.
- Wash your hands often.
- Stay home when you are sick.
- Don't share food you have touched, eating utensils, cups, or personal care items with others.
- Have an adult clean any cuts or scrapes.
- Avoid touching your eyes, nose, or mouth with your hands.

If your child does these six things, maybe you won't hear, "I don't feel good" as often. Let's work together to remind children of these health habits and reward them when they practice these habits.

G-E-R-M-S: Steps for Washing Away the Dirt and Germs



Here are the five steps to proper hand washing your child has learned. Try counting them off on your hand or spelling the word "germs" as your child follows each step.

five steps

Step One: **G**et your hands wet while the water is running.

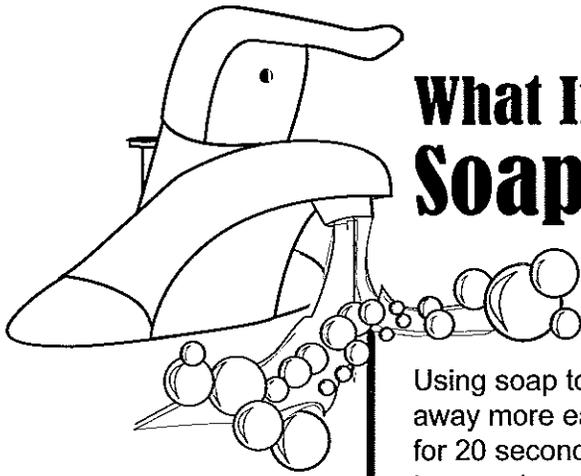
Step Two: **E**nergetically, use soap and rub your hands together. Work up a good lather. Wash vigorously for 18 to 20 seconds. Be sure to wash wrists, back of hands, between fingers, and under fingernails. A good way to make sure you wash long enough is to count to 20 or hum a short song twice, such as *Row, Row, Row Your Boat*, *Happy Birthday*, or *The ABC Song*.

Step Three: **R**inse your hands and let the water drip into the sink.

Step Four: **M**ake sure you dry your hands with an individual towel or paper towel.

Step Five: **S**hut off the faucet handle with the used towel.

It's best to open the door of the bathroom with the used towel. Then, throw it away.



What If You Don't Have Soap or Hot Water?

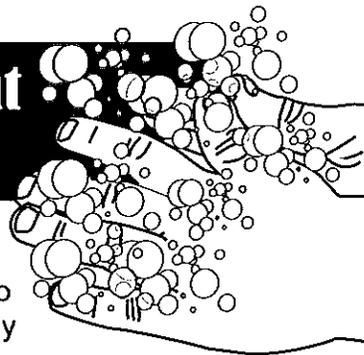
Using soap to wash hands helps dirt and germs dissolve and rinse away more easily. If soap is not available, use friction and running water for 20 seconds to help clean hands. Water should be a comfortable temperature. Water that is hot enough to kill germs would burn your skin.

Alcohol-based hand sanitizers are great to use when water is not available, such as when you are riding in a car or at the park. In order for hand sanitizers to work, they must contain at least 60% alcohol. So, you need to help your child use a hand sanitizer. Avoid leaving the bottle out where a child can get to it without your help. The bottles note that the sanitizer should be kept out of the reach of children just like any other poison.

When Is It Important to Wash Hands?

Try to make frequent hand washing a habit for your child. Encourage family members to remind each other to wash hands, especially at these times:

- before and after eating
- after coughing, sneezing, or blowing your nose
- before and after preparing food
- before and after going to the bathroom
- before and after contact with someone who is sick or large groups of people
- after playing with pets



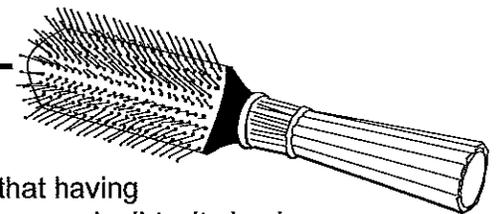
Visit the CDC website for more information. You can download a brochure from their "Ounce of Prevention" campaign!

www.cdc.gov/ncidod/op/

Talking With Your Child About Lice

Remind your child that "communicable" means that one person can pass on germs or a disease to another. Explain that head lice are tiny bugs that like to live in people's hair. They are like germs because they are communicable, which means they can travel from one person to another.

Reassure your child that having lice doesn't mean someone is dirty. It simply means the person was near someone who had lice. Explain that lice move from one person to another on personal items, such as hats, scarves, and brushes. Lice can be gotten rid of with special shampoos, combs, and cleaning of personal items.



When to Keep Children Home From School



Our children play and work close to each other for several hours each day. They are around many disease-causing germs. It is easy for illness to quickly spread through a class. Good hand washing habits are encouraged at school. We also clean the surfaces your child touches often. By doing these things, we should be able to cut down the spread of illness in school.

It's sometimes hard to know when to keep children home from school. The following is a list of signs and symptoms that might mean a child is ill. These signs also mean that a child could spread that illness to other classmates.

Fever: A person's normal temperature is 98.6 degrees. Anything higher means your child should stay home. Fever usually means infection. Infections may be spread to others. A fever may be at its lowest first thing in the morning and rise as the day goes along. Make sure your child is completely well before sending him or her back to school after a fever.

Rash: Keep your child home unless you are sure the rash is an allergic rash, such as poison ivy. A rash may be a sign of any number of diseases that can be spread easily.

Vomiting: Healthy children don't throw up. Be sure your child has fully recovered from whatever illness has caused the vomiting before he or she goes back to school. After vomiting, your child should be able to keep down clear liquids and then, a light meal. Allow a few hours. Then, if your child is still able to eat, he or she should be able to return to school.

Runny Nose: A nose which runs clear, watery liquid may be due to allergies. This is not "catching." A nose that has a thick, colored (yellow, green, or brown) discharge means there could be an infection. The child should be kept home until it clears. It should help to give the child a lot to drink and a decongestant.

Cough: A cough that lingers and/or is deep should be considered contagious. Your child should be kept home.

Sore Throat: If your child has a fever, a cough, or thick drainage from his or her nose along with a sore throat, he or she should stay home. If the sore throat stays for more than a day or two, your child should be kept home.

Reddened Eyes: A child with a white, thick drainage should be kept home until treatment has begun. This may go along with redness in the white of the eye.



When to Tell an Adult

Talk to your child about the need to tell an adult right away when he or she has signs of an illness. On one side of a piece of paper, help your child make a list of the signs of illness that should be reported to an adult. On the other side, make a list of adults who can help.

Want More Information on Diseases?

Contact your local Public Health Department if you would like more information about specific diseases. They often have written information on different diseases and their signs and symptoms. They also have information on what you should do as a parent or family member. A public health nurse may be able to answer your questions or help you find someone who can help.

Visit the Centers for Disease Control and Prevention website at www.cdc.gov. This website has a lot of information about many different diseases and how to keep your family healthy.