

Teacher:

School:

December's Healthy Habits Campaign Message is:

Be kind to your friends – wash your hands!

Hand washing is important for everyone! In fact, it is one of the best ways to prevent sicknesses such as flu and the common cold, as well as many other more serious illnesses. Everyone should wash their hands with warm soapy water when possible; when soap and water are not available, an alcohol-based hand sanitizer should be used instead. To help you promote December's healthy habit, this packet contains:

Hand Washing Activities and Resources	Time needed:	Page Number:
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Bac Off! <i>Bacteria and Virus Facts</i>		5
Bac Off! Hand Cleaning Criss-Cross Puzzle (<i>found on Healthy Habits Campaign website</i>)		

If you are interested in having a Public Health Educator from the Chatham County Public Health Department complement your instruction by presenting to your class about hand washing, please take a look at the offerings for your grade level at www.chathamnc.org/schoolhealth, or contact Ellie Morris, the School Health Liaison for the Chatham County Public Health Department at elizabeth.morris@chathamnc.org or 919-545-8443.

The key points to focus on this month are:

Germs are everywhere and when a germ gets in your body, it can make you sick. Germs are tiny and they stick to hands and surfaces and travel from person to person. When you touch your hands to your mouth, nose, or eyes or bring germs into your body in any other way, you run the risk of those germs making you sick.

Washing your hands regularly is the easiest thing you can do to protect yourself and your friends from getting sick! Germs like to travel from person to person on people's hands. Cleaning your hands pulls germs off your skin and helps prevent the spread of germs from your hands to other people's hands and other objects. When you have less germs on your hands, it's much less likely that those germs will infect you or travel to a friend and infect them.

Hand washing is such an easy way to keep from getting sick that there is no excuse for not doing it! When you can reach a sink, wash your hands with soap and warm water, being sure to scrub for 20 seconds. When a sink's not available, rub a dollop of alcohol-based hand sanitizer into your hands until your hands feel dry.

Thank you for your help promoting the health of Chatham County's students!

Hand Washing Basics

Facts about Germs:

- The term “germs” refers to bacteria, viruses, fungi, and protozoa that cause diseases like the flu, the common cold, and food-borne infections.
- Germs spread from person to person when an infected person coughs or sneezes, spreads infected fecal matter, or in another way transmits germs from inside their body, outside their body.
- Germs are often spread when an individual touches an object or surface that contains germs and then touches his/her eyes, nose, or mouth.
- Germs that land on surfaces like doorknobs and desks, from for example unwashed hands or uncovered coughs/sneezes, can live on these surfaces for 20 minutes to 2 hours.
- Hands are the most exposed part of the body to germs, which is why they should be washed often. This is also why it is advisable not to touch your eyes, nose or mouth often. Cuts or abrasions on the hands should be covered to minimize the likelihood that they get infected, as well.

Cleaning hands is so easy there is no reason not to do it!

- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make lather and start to scrub all surfaces of the hands and under the nails. (It is the soap and the scrubbing action combined that helps remove germs.)
- Continue rubbing hands for 20 seconds. Need a time check? Hum the "Happy Birthday" song from beginning to end twice, or hum your ABC's once.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.
- Hand Sanitizer: If soap and water are not available, use alcohol-based gel (at least 60% alcohol) to clean hands. Squirt into palm, and rub all over the hands. Keep rubbing the hands until they feel dry.
 - It should be noted that hand sanitizers are not effective in removing substantial amounts of dirt, blood, or organic matter from hands.

Cleaning hands is most important at the following times:

- Before and after preparing food.
- Before and after eating food.
- After using the toilet.
- After changing diapers or cleaning up a child who has used the toilet.
- Before and after tending to someone who is sick or immune-compromised.
- After blowing your nose, coughing, or sneezing.
- After handling an animal or animal waste.
- After handling garbage.
- Before and after treating a cut or wound.
- Before and after putting in contact lenses.

Effect of hand hygiene:

- Absenteeism due to infection decreased by almost 20% in one school system where students were practicing proper hand hygiene techniques involving hand sanitizer and handwashing. (American Journal of Infection Control, October 2000, Volume 28, Issue 5, Pages 340-346)

Sources: http://www.ccohs.ca/oshanswers/diseases/washing_hands.html, <http://www.cdc.gov/handwashing/>,
http://www.cdc.gov/germstopper/home_work_school.htm

Educational Puzzle	Bac Off! Puzzle
<i>Standard Course of Study Objectives and Health Education Essential Standards</i>	3 rd grade: <ul style="list-style-type: none"> • 2.03 • 3.PCH.1.12 4 th grade: <ul style="list-style-type: none"> • 2.04
<i>Time needed</i>	15-20 minutes
<i>Organization/ Equipment</i>	<i>Organization:</i> <ul style="list-style-type: none"> • The first part of the activity is as a large group • The second part (the word puzzle) can be done individually, in pairs, or in small groups. <i>Equipment:</i> <ul style="list-style-type: none"> • Hand Washing and Germ Facts, cut out (see page 5 of packet) • Hand Cleaning Criss-Cross Puzzle (available on Healthy Habits Campaign website) • Pen/pencil for each student or small group for the crossword puzzle.
<i>Teacher introduction</i>	In this activity, students will learn about germs and how they spread disease, and about how hand washing prevents the spread of disease.
<i>Rules and Directions</i>	<ul style="list-style-type: none"> • Let the students know that in this lesson they will be learning about the importance of hand washing, and also about some of the bacteria and viruses that cause communicable diseases, from which hand washing protects us! • Explain that first you will pass around small slips of paper and everyone who gets one will need to read it to the class (see the list of <i>Hand Washing and Germ Facts</i> on page 5 of this packet). • Emphasize that everyone needs to pay close attention to those facts because they will be using them in the second activity. • Once all the facts have been read, the students can ask the teacher clarifying questions or ask for a fact to be repeated. • After all questions are asked and clarified, hand out the word puzzle to the individuals/pairs/small groups. • Make sure everyone is clear on the directions for completing the word puzzle. • Allow 7-10 minutes for students to work on the puzzle. • Once students are done with the crossword puzzle, review the answers as a group. <i>Wrap-Up:</i> <ul style="list-style-type: none"> • Have each student say one thing s/he learned today. It's okay if the items are repeated.
<i>Variations</i>	<ul style="list-style-type: none"> • Post a few fact sheets around the room so that students can go look for answers if they get stuck or give each student/small group a fact sheet from which to work. • Project a large version of the crossword puzzle on the board and have students or small groups come up and write one answer each for the wrap-up/review.
<i>Sources</i>	http://www.peelregion.ca/health/shp/germ-stop-manual/grades4-8/bac-off.htm

Academic Connections	Instructions for effective hand washing OR Letters-to-the-Editor on the importance of hand washing
<i>Standard Course of Study Objectives and Health Education Essential Standards</i>	3 rd grade: <ul style="list-style-type: none"> • 2.03 • 3.PCH.1.12 4 th grade: <ul style="list-style-type: none"> • 2.04 Language Arts composition products: <ul style="list-style-type: none"> • This lesson provides an opportunity for 3rd and 4th grade students to practice writing instructions and for 5th graders to practice writing letters-to-the-editor.
<i>Time needed</i>	15-20 minutes
<i>Organization/ Equipment</i>	<p>Organization for Instruction Writing Activity:</p> <ul style="list-style-type: none"> • Organize students into small groups of 3 or 4 children. <p>Organization for Letter-to-the-editor Activity:</p> <ul style="list-style-type: none"> • This activity will work as an individual or a pairs activity <p>Equipment for either activity:</p> <ul style="list-style-type: none"> • Materials for group brainstorm (a white board and markers, e.g.) <p>Equipment for the Instruction Writing Activity:</p> <ul style="list-style-type: none"> • Scratch paper, markers, and poster paper <p>Equipment for the Letter-to-the-editor Activity:</p> <ul style="list-style-type: none"> • Pens/pencils and blank white or lined paper for each student or each pair of students
<i>Teacher Introduction</i>	In this activity, students will review information learned previously about effective hand washing while also practicing language arts skills.
<i>Rules and Directions</i>	<ul style="list-style-type: none"> • Let the students know that the goal of today’s lesson is to share with other people what they know about hand washing and why hand washing is important. • Tell the class that you’ll start with a group brainstorm about why it’s so important to wash your hands, then you’ll review proper hand washing technique, and then students will do the main activity (either writing instructions in small groups or writing a letter-to-the-editor individually or in pairs). • First, the brainstorm. Ask the students, “Why is it important to wash your hands regularly?” • Write up their answers. If they miss anything, ask guiding questions to ensure a comprehensive list. Be sure to tie into December’s message, by reiterating that keeping hands clean helps to not spread germs and sickness to friends and family. You can also reiterate the difference between communicable and non-communicable disease here, and that hand washing is one good way to prevent the spread of some communicable diseases. • Once there is a good list going, ask a volunteer to walk the group through the steps of hand washing. Check the student’s directions against these ones: <div data-bbox="300 1480 1542 1722" style="background-color: #e0e0e0; padding: 5px;"> <p>How to wash your hands: It’s best to wash your hands with soap and warm water.</p> <ul style="list-style-type: none"> • Wet your hands with warm running water and apply liquid or bar soap and lather them well. • Rub your hands vigorously for at least 20 seconds (singing “Happy Birthday” twice). Scrub all surfaces, including the backs of your hands, wrists, between your fingers and under your fingernails. • Keep rubbing while you rinse well. • Dry your hands with a clean or disposable towel or air dryer; if possible, use your towel to turn off the faucet </div> <ul style="list-style-type: none"> • Have students walk through the steps until everyone has it. • Once the steps are clear, get the students set up in their groups or individually, depending on which activity your class is doing and give them instructions based on other resources and models you use for teaching these forms of composition. Students should be thinking about <u>all</u> of the steps it takes to successfully wash and/or clean hands, OR why they believe it’s important to have clean hands and what to write to persuade others that hand washing is important.

	<ul style="list-style-type: none"> • Give students at least 10 minutes to write their instructions or letter. <p><u>Wrap-Up:</u></p> <ul style="list-style-type: none"> • Ask students what they think the most important things to know about hand washing are.
<i>Variations</i>	<ul style="list-style-type: none"> • Expand this lesson into two lessons, or into homework, in order to make the instructions or letters more complete, or to give students the time/opportunity to present their instructions/letters. • Have students write their instructions on poster paper to create posters for the classroom, school, or their homes and have students brainstorm other ways they could “get the word out” about hand washing. • Send students’ letters-to-the-editor to the newspaper, to their families, or to Ellie Morris at the Chatham County Public Health Department to put up on their website.
<i>Sources</i>	http://www.mayoclinic.com/health/hand-washing/HQ00407

Hand Washing and Germ Facts

Germs are microorganisms, including bacteria and viruses.

Viruses are always harmful.

Some bacteria are harmful, and some are not.

Bacteria and viruses can cause illness and disease.

Some illnesses caused by viruses are colds, flu, chicken pox, and certain types of food poisoning.

Some illnesses caused by bacteria are pneumonia, whooping cough, and certain types of food poisoning.

Germs must get into your nose, mouth, eyes, cuts or scrapes to make you sick (e.g. by rubbing eyes, nose, eating, biting nails, etc.).

Washing with soap and warm running water removes germs from your hands and washes them down the drain.

Cleaning your hands with sanitizers kills germs. However, it does not remove food residues on hands (like peanut butter, seafood, dairy products) that can cause allergic reactions.

Cleaning your hands properly can prevent the spread of many illnesses and diseases.

Washing hands properly means scrubbing and rubbing hands vigorously with soap and warm water for 15-20 seconds (the length of time it takes to sing "Happy Birthday" twice).

Warm water and soap are great for cleaning your hands, but if you don't have soap, use alcohol-based hand sanitizer.

When washing your hands, it's important to scrub the backs of your hands and under your fingernails with soap, in addition to the palms of your hands.

To keep your hands germ-free, turn the faucet off with your paper/hand towel if possible.

You should clean your hands before eating or preparing food.

You should clean your hands after: touching pets or other animals; using the restroom; sneezing, coughing or blowing your nose; eating or preparing food; playing outside.