

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 the number one way 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 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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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 Art	When Do I Wash My Hands?
<i>Standard Course of Study Objectives and Health Education Essential Standards</i>	Kindergarten: <ul style="list-style-type: none"> • 2.01 • K.PCH.1.1 1 st Grade: <ul style="list-style-type: none"> • 2.01 • 1.PCH.1.1, 1.PCH.1.2 2 nd grade: <ul style="list-style-type: none"> • 2.02 • 2.PCH.2.1
<i>Time needed</i>	10-15 minutes
<i>Organization/ Equipment</i>	<i>Organization:</i> <ul style="list-style-type: none"> • Start the class in one large group. The second part of the activity, students will do individually, and then the group will come back together. <i>Equipment:</i> <ul style="list-style-type: none"> • Crayons, colored pencils or markers • Paper • Large paper for brainstorming
<i>Teacher Introduction</i>	In this activity, students will identify when it is necessary to wash their hands and why.
<i>Rules and Directions</i>	<ul style="list-style-type: none"> • Explain to the students that today you are going to talk about when people should wash their hands. Washing hands is one way of “getting rid of germs.” Tell the class that first you are going to try to think of all the places where germs might hide. • Explain that germs are tiny and invisible without a microscope. When we are sick and we sneeze and cough, that lets germs out. Going to the restroom also puts germs on our hands. Germs can also live on uncooked meat and unwashed fruits and vegetables. They are on lots of things that we touch and then they get stuck to our hands. When germs get into our bodies, they can make us sick. Ask the students, “What are some places where you think germs might hide?” and brainstorm some ideas together. • Give each student a small (8.5” X 11” or smaller) piece of paper and explain that each student will draw a picture of one place where germs might be hiding. It can be a place at home, at school, in the car, etc. Allow students about 5 minutes to draw their picture. • Come back to the large group, and ask students to share their pictures and ideas. On a large piece of paper, write their ideas (<i>Later, you can collect their drawings and attach them to this list as a reminder of where germs hide.</i>) • Hang up the big piece of paper with the list. Then ask the students to think about the question, “When might you get the germs from these places on your hands?” • Give all the students a few seconds to think. Then, ask students to share and write their ideas up on the same or a new big piece of paper or whiteboard as they talk. • Some ideas of what they may say are: after going to the bathroom, after petting my dog/cat, after sneezing, etc. Get the list as long (but reasonable) as possible. Then, explain that because these are the times they may come into contact with germs, these are the times they need to be sure to wash their hands so that the germs don’t get into their bodies and make them sick. • Post this list of when to clean hands in a visible position in the classroom. <p><u>Wrap-Up</u></p> <ul style="list-style-type: none"> • Have students share one time that day when they will be sure to wash their hands (and why).
<i>Variations</i>	<ul style="list-style-type: none"> • Use the list/collection of drawings about where germs hide to make a bulletin board or poster to hang in the school.
<i>Sources</i>	http://www.peelregion.ca/health/shp/germ-stop-manual/index.htm#k3

Storytelling	Two Friendly Hands
<i>Standard Course of Study Objectives and Health Education Essential Standards</i>	Kindergarten: <ul style="list-style-type: none"> • 2.01 1 st Grade: <ul style="list-style-type: none"> • 2.01 • 1.PCH.1.1, 1.PCH.1.2 2 nd grade: <ul style="list-style-type: none"> • 2.02
<i>Time needed</i>	15-20 minutes
<i>Organization/ Equipment</i>	<i>Organization:</i> <ul style="list-style-type: none"> • Students can sit in a comfortable place in the classroom, such as a rug or story area, or at their desks. <i>Equipment:</i> <ul style="list-style-type: none"> • <i>Two Friendly Hands</i> story (see page 4), read ahead of time and practice the hand gestures.
<i>Teacher Introduction</i>	In this storytelling activity, students will learn how germs are spread from one person’s hands to another person’s hands and how cleaning your hands stops this spread.
<i>Rules and Directions</i>	<ul style="list-style-type: none"> • Students can sit at their desks or somewhere else comfortable for listening to a story. Make sure everyone can see you clearly, since this story is focused on the hand gestures that you, the teacher, initiate. • Explain that you will be telling them a story about two friendly hands and their adventures with germs! • If necessary, review how germs get passed from person to person or thing to thing. • Ask the students some warm-up questions. (1) “What are all the things that we can do with our hands?” (Point, count, clap, give high fives, snap, wave, shake, hold, touch, play games, etc.) (2) “How do hands help spread germs?” • Tell the students that you would love for them to participate in the story you are going to tell them. All they have to do is follow the hand movements you do. • Practice the following hand gestures with them: pointing, waving, snapping, counting, clapping, and high-fiving. Tell them to imitate these movements as you do them throughout the story. • Perform the story “The Two Friendly Hands” (see page 4) and clap for a job well done when finished Debrief of Story: <ul style="list-style-type: none"> • Ask the children what they learned from the story. • Ask children what they can do to prevent sharing germs when playing with a friend? (For example, they can wash their hands with soap and water and/or use hand sanitizer before and after eating and touching food, after using the washroom, after sneezing, coughing or blowing your nose. Cough and sneeze into a tissue or their upper arms, not their hands. They can also keep hands away from their faces to keep germs out of their bodies).
<i>Variations</i>	<ul style="list-style-type: none"> • In addition to reading the story, students can also make hand puppets of “Germ Stoppers” (see website sources below).
<i>Sources</i>	http://www.peelregion.ca/health/shp/germ-stop-manual/preschool/hands.htm

The Two Friendly Hands

Text	Corresponding Hand Gestures
Once upon a time there was a happy Hand. This hand led a simple life. He kept himself physically fit by exercising every day.	<i>Hold up your right hand and encourage children to follow suit.</i>
His favorite activity was aerobics. <i>[Lead class in finger aerobics]</i>	<i>Make a fist with the hand you have held up. Using your pointer finger, do finger aerobics while humming an energizing tune. Children should exercise too.</i>
Whew! This kind of exercise was not easy. OK. Just five more. One...two...three...four...five.	<i>Stop finger aerobics.</i>
Oh. I forgot to mention, our Hand could also count to five, using his fingers.	<i>Count to five again, holding up one finger at a time.</i>
While counting one afternoon, Hand discovered he could do something else. He could use his number one finger to point!	<i>Point to the audience.</i>
He pointed to the door.	<i>Point to the door.</i>
He pointed to the window.	<i>Point to the window.</i>
He pointed to some artwork.	<i>Point to student work.</i>
Hand just loved to point. He pointed all day and all night, until something fabulous happened.	<i>Continually point around the room. Then pause and snap.</i>
He snapped! Hear that? Now, this cool hand could really make some noise.	<i>Snap several times.</i>
Hand really wanted to share the fun with his best friend, Mano, who lived across the street. So, he waved toward Mano's house.	<i>Wave.</i>
After a lot of waving, Mano finally came outside.	<i>Hold up your left hand.</i>
Happy to see his friend, Mano waved back.	<i>Both hands facing each other, wave.</i>
The two hands were best buddies and liked to do the same things. They liked to exercise.	<i>Making a fist with both hands, do finger aerobics with both pointer fingers.</i>
They counted together in two languages. One, <i>Uno</i> ...Two, <i>Dos</i> ...Three, <i>Tres</i> ... Four, <i>Quatro</i> ... Five, <i>Cinco</i> .	<i>Count alternately on both hands.</i>
Proud of how they could count together, Hand and Mano gave each other a high-five.	<i>Swing both arms up to about eye-level and slap both hands together. High-five two more times.</i>
They even played pointing games. Hand would point to something and Mano would guess what it was.	<i>Point to something with your right hand and mimic with your left.</i>
The two hands also made music, and applauded their efforts.	<i>Snap with both hands. Clap several times. Continue clapping.</i>
Aaaa-choooo!	<i>Cover your mouth and nose with your right hand to catch the fake sneeze.</i>
Uh-oh. Hand was sick.	<i>Hold a limp right hand up, indicating that Hand doesn't feel well.</i>
Now both Hand and Mano were very sad. They had a big problem. What do you think their problem was? <i>[Elicit the following student response: Hand had sneeze germs on him.]</i>	
That's right! And what would have happened if Hand touched Mano? Mano would have gotten the germs and could have gotten sick, too. Hand and Mano could not clap or high-five because Hand was covered with germs. How do you think they solved this problem? <i>[Work toward the following student responses: Hand should have sneezed into his shoulder or elbow and not his hand. Hand should have washed his hands and used hand sanitizer to get rid of the germs so he could have continued playing with Mano.]</i>	<i>Pretend to wash and to sanitize hands.</i>
	<i>Clap for a job well done.</i>