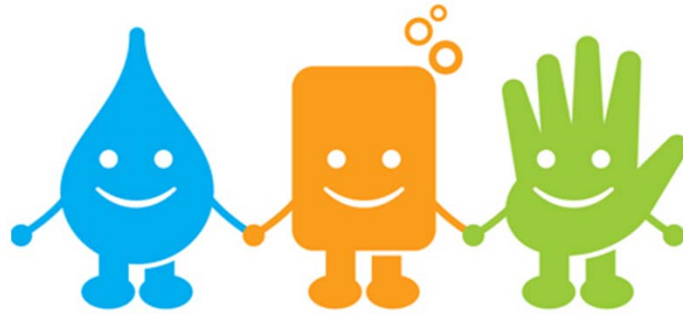


Get In Line, It's Hand Washing Time!



Source: http://en.wikipedia.org/wiki/Global_Handwashing_Day



Presentation approved by Infection Prevention and Control, Alberta Health Services, Calgary Zone, November 2014



What do you know about germs?

Germs are teeny tiny living things that can sometimes make you sick.

Sometimes we call them “bugs”.

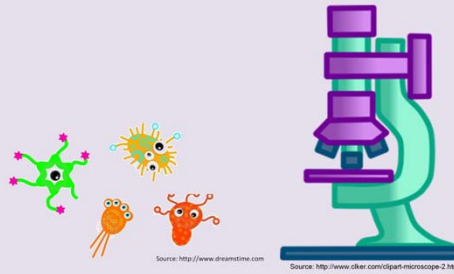


Germs are microscopic organisms that live on our bodies, and can sometimes make us sick. Often, people will call germs “bugs”.

Can you see germs?

Can you see them in the air?
Can you see them on your desk?
Can you see them on your hands?

Germs are so small that you can't see them!



Germs are so small that it is impossible to see them without a microscope. A microscope is a special instrument that allows us to see things that are too small for our eyes to see.

Where are germs?

Are they in the air?

Are they in the dirt?

Are they on your skin?

Are they in your mouth
and nose?



Source: <http://www.mindful.com/2017/06/20/germs-are-nice-and-friendly-and-we-shouldnt-go-about-killing-them-to-not-feel-to-think/>

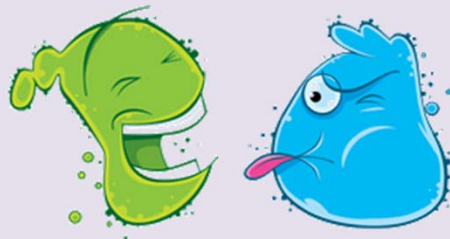
Ask the children each question separately with a yes or no.



Because germs are so small, they are able to travel and live in lots of different places – including our bodies! Did you know that there are over 200 million different kinds of germs on just one of your hands!? Germs also live on things door handles, computer keyboards, toys, and toilets!

If germs are everywhere, why don't we get sick all the time?

Don't worry! Not all germs are bad, and our body has ways to fight bad germs, and it's pretty good at it!



Source: <http://www.fun4kids.com/features/good-bugs-bad-bugs-introduction-to-microbiology/>

But don't worry - our body has ways to fight germs, and it's pretty good at it!

Our skin keeps germs out of our body, and we have good germs on our skin that help fight off bad ones. These good germs do not make you sick, and they don't wash away easily when we wash our hands. They live on your skin, in your mouth, and in your belly. The good germs protect us because they outnumber the bad germs and chase them away.

How else can you protect yourself from bad bugs?

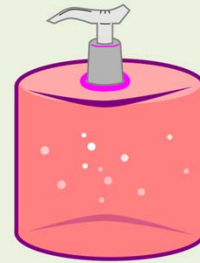
You can keep yours hands clean by washing them with...



Source: <http://www.cdc.gov/cisqpc/hand-washing-1.html>

Soap and warm water

OR



Source: <http://www.cdc.gov/cisqpc/21782.html>

Hand sanitizer

We can help the good germs do their jobs by making sure we wash our hands.

You can keep your hands clean by washing them with soap and warm water, or using hand sanitizer.

When should you wash your hands?



Before you eat...



After you go to the bathroom...



And after you sneeze, blow your nose, or cough!

Because germs are introduced into the body most often by the hands through touching your eyes, mouth, nose and other body parts, it is important to develop good hand washing habits. By washing your hands, you can help the good germs get rid of the bad germs!

How do you wash your hands?



Use plain soap and water



Wet your hands



Apply soap



Rub your hands together and sing

Twinkle, Twinkle, Little Star,

or Happy Birthday,

or your s!



Get in between your fingers, under your fingernails,
around your thumbs, and around your wrists



Rinse and dry your hands with a towel or paper towel

Knowing how to wash hands is as important as knowing when to wash them. Washing with water alone will not get rid of most of the bad germs. Soap is needed to get rid of the dirt that actually traps these germs, and it is important to rub your hands together really well in order to remove them. Special attention needs to be paid to fingertips and fingernails as this is where many germs like to hide. In fact, Up to 95% of germs are found under the nails!

Most people do not wash for long enough, which is another reason that hands are still dirty after washing. Washing with soap should take about 30 seconds (the time it takes to sing Twinkle, Twinkle, Little Star, Happy Birthday, or your ABCs). Rinsing is equally important because this is how the germs are removed. Effective rinsing should take about ten seconds. Drying the hands completely is important for proper hand washing, as many germs love to live in moist environments like wet hands. Be careful when leaving public places because your hands can get dirty again if you touch a dirty surface after washing.

Let's Sing!

Twinkle, twinkle little star,
Look how clean my two hands are!
Soap and water, wash and scrub,
Get those germs off rub-a-dub.
Twinkle, twinkle little star,
Look how clean my two hands are!



Source: <http://www.gspic.com/465/washing-hands-clip-art><http://www.ck12.com/cliparts/AFTW00j2/washing-hands-h/yimg>

Lead the song with the group.

Germs can make you sick...

When you get sick from a germ, it is called an infection.

Germs can cause colds and the flu, and make you feel terrible.



Source: <http://healthtopic.net/sick-clip-art-vector-clip-art-online-royalty-free-public-domain.html#of-sick-clip-art-vector-clip-art-online-royalty-free-public-domain-4a4e9c>



Source: <http://www.canstockphoto.com/illustration/sick.html>

How can you stop the spread of infections?

When you get sick from a germ, it is called an infection. **Sometimes when you have an infection the doctor might need to give you some medicine to make you feel better.** Germs can cause colds and the flu, and make you feel terrible. They can easily spread from one person to another. Colds, the flu, sore throats, and coughs are caused by infections. How many of you have had the flu or a cold before? How did it make you feel? How can you help stop the spread of an infection? Answer *Hand washing! (segue into final slide).



Today we learned...

Today we learned how to wash our hands.

Washing your hands is the best way
to prevent spreading infections!



Today we learned about how important it is to wash our hands, because handwashing is the most important step in preventing the spread of infections.

The End



For teachers/presenters only:

Additional resources and lesson plans can be found at www.dobugsneddugs.com