DID YOU WASH 'EM?

HANDWASHING AWARENESS CAMPAIGN

Handwashing Teaching Module

And Scientifically-Based Teaching Activities

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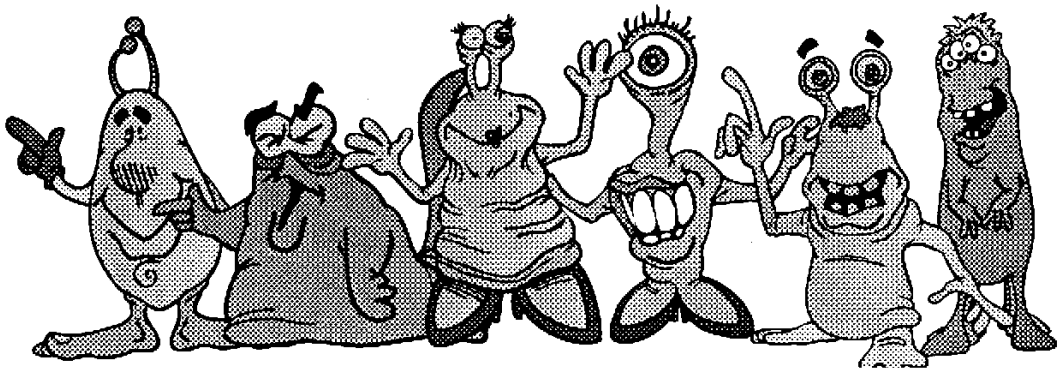

KANSAS DEPARTMENT HEALTH & ENVIRONMENT KDHE

Funding for this project was provided by the Kansas Health Foundation, Wichita, Kansas. The Kansas Health Foundation is a philanthropic organization whose mission is to improve the health of all Kansans.

HAND WASHING TEACHING MODULE

INTRODUCTION

Why teach hand washing?

Research has shown that proper hand washing helps to prevent disease. The United States Centers for Disease Control (CDC) reports that, "hand washing is the single most important means of preventing the spread of infection" (1995).

Through this project, it is hoped that there will be an increased awareness of hand washing. This education packet will aid in teaching the concept of disease and disease prevention through hand washing.

The goals of this teaching project are:

- To increase knowledge of the necessity for hand washing.
- To increase hand washing in the participants, facilitated by the use of music.
- To increase knowledge of proper hand washing per CDC scientific guidelines.

The objectives of this teaching project include the ability of the participants to:

- Identify reasons for hand washing.
- Identify when hand washing is necessary.
- Identify the benefits of hand washing.
- Learn how to wash hands properly.

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Lesson I

PART 1

This part of the teaching module will present the concepts that the participants need to learn about hand washing. The expected outcomes are then identified.

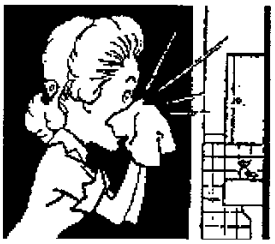
CONCEPT # 1

Germs are everywhere. There are good germs but there are also bad germs. These bad germs can get inside of your body and cause you to get sick. You can have germs that are on your hands and then you touch your mouth and those germs can get inside of you. You could also touch someone else and give those germs to them and they could get sick. These bad germs can also be on your hands before you eat and then you touch your food and the germs get inside of your body when you eat your food. These are all reasons why you need to wash your hands.

OUTCOME #1

Identify reasons for hand washing

1. To prevent illness.
2. To not spread germs from person to person.
3. To not spread germs from one place on your body to another place on your body.



Lesson I

Part 2

CONCEPT # 2

When you blow your nose, germs from inside of your nose can soak through the Kleenex and get on your hands, then you could pass those germs on to another person and they might get sick. If you are around a sick person and their germs get on you, you could get sick too. When you go to the bathroom, germs can get on your hands after wiping, then the germs could get to other parts of your body or to another person. You can even get germs from being outside and playing in the sand or dirt. These are all times when you need to make sure you wash your hands.

OUTCOME # 2

Identify when hand washing is necessary

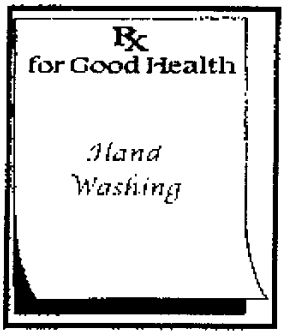
1. After blowing or wiping your nose.
2. After being around a sick person.
3. After going to the bathroom.
4. Before eating meals and snacks.
5. Whenever hands are dirty.

Lesson I

PART 3

CONCEPT # 3

If you wash your hands then you can help your body to stay healthy and help those around you stay healthy. You wonít get sick as often and you wonít miss out on the fun things you like to do. This doesnít mean that you wonít ever get sick, but it sure will help!



OUTCOME # 3

Identify the benefits of hand washing

1. Not getting sick
2. Not missing school
3. Not missing out on fun activities
4. Not passing germs around
5. Being Cleaner

Lesson 2

This lesson will focus on using the song, "if you're healthy and you know it wash your hands." Emphasis is placed on the participants becoming familiar with the song.

CONCEPT # 1

1. Sometimes when you wash your hands, you kind of do it real fast and maybe even forget to use soap. Sometimes, you donít even wash your hands at all. We are going to learn a song about hand washing. First time through the instructor will say the words and the participants will repeat. (Have copy of words for each participant).

2. The second time through, everyone recite the words together.

3. Play tape and listen to the song.

4. Play tape and sing along with the song.

OUTCOME # 1

To increase hand washing, facilitated by the use of music.

1. Participants will wash more often.

2. Participants will wash longer.

3. Hand washing is fun.

NOTE TO THE INSTRUCTOR:

Prior to every hand washing, the participants should be encouraged to sing or hum the song while washing their hands.

Lesson 3

This lesson focuses on the actual steps of proper hand washing. Demonstration of proper hand washing to the participants should be done during this part of the teaching module. the final step is to play the song and use the proper hand washing technique.

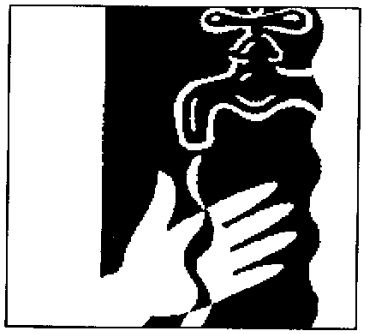
CONCEPT #1

You can rub your dirty hands on your shirt or pants or just run some water over your hands but that doesnít get rid of the germs. Proper hand washing will help to get rid of the germs you have on your hands. Water helps to remove germs from your hands, but soap and water are even better. There is oil on your hands that helps the germs stay on your hands. Soap helps to break down that oil which means the germs cannot hang on anymore. Rubbing your hands together and creating friction helps to loosen and remove the dirt and germs that stick to your hands. Putting your fingers together and rubbing vigorously helps to remove the germs and helps you to get all the parts of your hands clean. Using your fingernails of one hand to clean under the fingernails of your other hand will get rid of the germs that get under your fingernails. Rinsing your hands with water will wash away those germs that you have loosened up. Drying your hands with a paper towel instead of a cloth towel will cut down on the amount of germs on your hands. Using a paper towel to shut off the faucet will prevent germs on the faucet from getting back on your hands. (Now play the tape and use the proper hand washing technique while listening/singing the song.)

OUTCOME # 1

Learn how to wash hands properly.

1. Use soap and running water.
2. Rub your hands together creating friction
3. Wash all surfaces of your hands, including:backs of hands, wrist, between fingers, and under fingernails.
4. Wash hands for a least 60 seconds
5. Rinse well
6. Dry hands with a paper towel
7. Turn the faucet off using a paper towel, instead of bare hands.



CONCLUSION

After the presentation of Lessons I, II, & III, share the activity sheets with the participants and have them complete.

Preschool Activities
(3-6 year olds)

Activity #1

Matching-Glossary words and pictures

Activity #2

Germs-Show me where germs are on your body?

Activity #3

Materials: Paper and crayons
Directions: Ask the participants to draw a picture of themselves when they are sick.

Activity #4

Materials: paper plates, Kleenex, scissors, pencil, paper, and glue

Directions:

Have the participants draw a picture of their face on one paper plate.

Have them trace their hand on a piece of paper. Cut out their traced hand. Glue Kleenex to their traced hand. Then ask the participant to glue the Kleenex and hand to the appropriate place on the picture of their face.

School Age Activities
(7-10 YEAR OLDS)

Activity #1

Word Search

Activity #2

Word Scramble

Activity #3

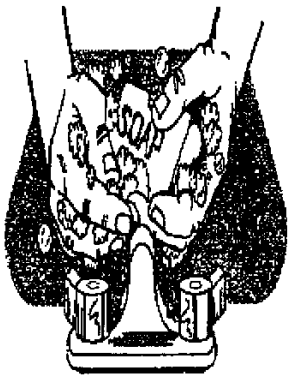
Definitions

Activity #4

Family Discussion about hand washing. (Send home with participant)

NOTE TO THE INSTRUCTOR:

Please use your judgment in deciding age appropriate materials with your class room.



Evaluation

HANDWASHING AWARENESS CAMPAIGN

INSTRUCTIONS:

In order to evaluate this teaching module, pre and post measurements on length of time each participant washed can be done. Attached you will find an evaluation tool to help in this process. Put the participants name in the first column, time them before and after the teaching module. Record each participants time in the respective column. The participants can also be evaluated at one month and three months after the teaching module.

NOTE:

Though evaluation is not mandatory, it would be very helpful and greatly appreciated. The data you gather can help us to evaluate the success of the statewide hand washing campaign. (For confidentiality purposes do not send participants names).

Please send your results to the:

Kansas Department of Health and Environment
109 SW 9th St., Suite 604
Topeka, KS 66612-1274

HANDWASHING AWARENESS CAMPAIGN

RECORD LENGTH OF TIME SPENT (IN SECONDS)				
NAME	PRE-TEST	POST-TEST	POST-TEST 1 MONTH	POST-TEST 3 MONTHS
EVAL. WEEK				

GLOSSARY

Disease: When your body does not feel well, feeling sick or ill.

Friction: Rubbing together two objects. For example: rubbing your hands together will create friction.

Germs: A tiny living organism, usually can only be seen under a microscope. Examples: bacteria, viruses, molds, and yeasts.

Infection: Invasion and multiplication of germs in body tissues, resulting in injury to the body. An infection can cause your body to not feel well.

Healthy: When your body feels good. Feeling OK!

Prevent: To try and stop something from happening. For example: To try and stop from getting sick would be preventing the sickness.

Transmission: The ability of germs to go from one person to another or one place to another.

NOTE:

This glossary consists of words that may be new to the participants and should be introduced prior to Lesson I. You may want to introduce the terms and ask for class participation on what each term means.