

Wash your Hands



and
stay well

Why all the fuss about washing our hands?

- Bugs and germs are so small we cannot see them
- They are everywhere... some are **good** and some are **bad**... and there are many different types
- The good ones keep us healthy and we use them to make food, drinks and compost

Important Points

- **Today we will talk about**
 - * **WHY**
 - * **WHEN**
 - * **HOW**
- **To wash and dry our hands**
 - Encourage discussion about good bugs and germs that keep our skin and inside our bodies healthy.
 - How we use many bugs and germs to make food, medicine, drink, yoghurt, beers etc.
 - How we rely on them for compost and getting rid of rubbish etc.
 - Discussion also needs to emphasise how there are many good bugs that make up an important part of our world.
- **Some bugs and germs can make us sick if they get inside our bodies**

Why all the fuss about washing our hands?

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- They are everywhere... some are good and some are bad... and there are many different types
- The good ones keep us healthy and we use them to make food, drinks and compost

Germs can make you and others sick



- When we cough and sneeze everywhere

So, remember to either cough into your upper sleeve or use a tissue!

Discuss how bugs make us sick

- We touch everything with our hands.
- This is how we **get** bugs/germs on our hands.
- This is how we can **give** our bugs/germs to someone else.
- Colds, Flu, Skin Infections, Stomach infections
- They get **into** our bodies when **we use our hands** to:
 - eat
 - drink
 - rub our eyes
 - or touch/rub our skin when it has been hurt

* Clean hands are the single most important factor in preventing the spread of bugs and germs that make us and others sick.

Germs can make you and others sick



- When we cough and sneeze everywhere

Germs can make you and others sick



- If you don't clean and cover your cuts and grazes

Skin as a protective cover for our bodies

Talk about how important and special our skin is and how without any breaks in it, skin protects our body very well.

Talk about what happens when our skin gets damaged and how we need to give it some help so that it heals fast.

Talk about cuts and grazes:

- How we can prevent them
- What we can do when we injure our skin
- What to do if we see our sores are not healing

For example:

- Cleaning hands, cutting nails, cleaning & covering wounds and prevention and care of insect bites.
- Home safety, i.e. being careful of sharp objects in the garden.

Germs can make you and others sick



- If you don't clean and cover your cuts and grazes

Germs can make you and others sick



- If you don't wash and dry your hands after going to the toilet

Toilet Hygiene

We are often in a rush and going to the toilet often stops our play but...

We can get vomiting, diarrhoea and worms if we don't wash/dry our hands

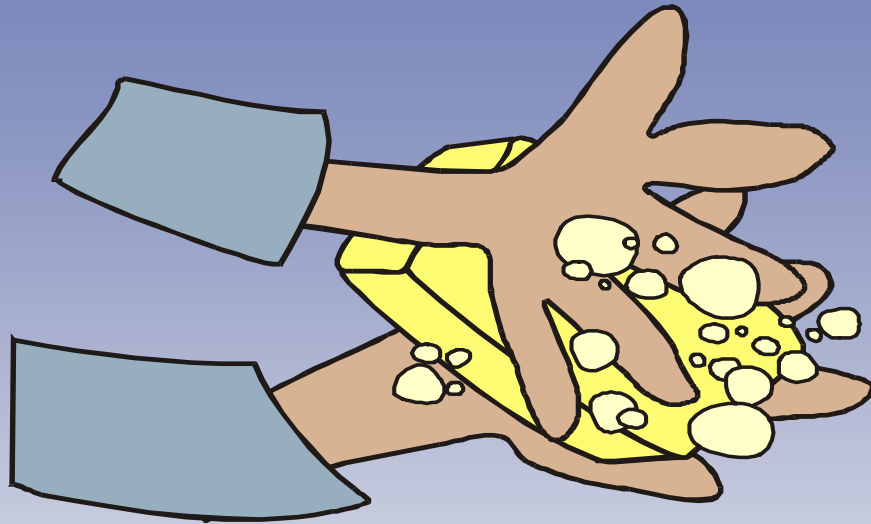
- We must wash/dry our hands after going to the toilet & before we eat food

Germs can make you and others sick



- If you don't wash and dry your hands after going to the toilet

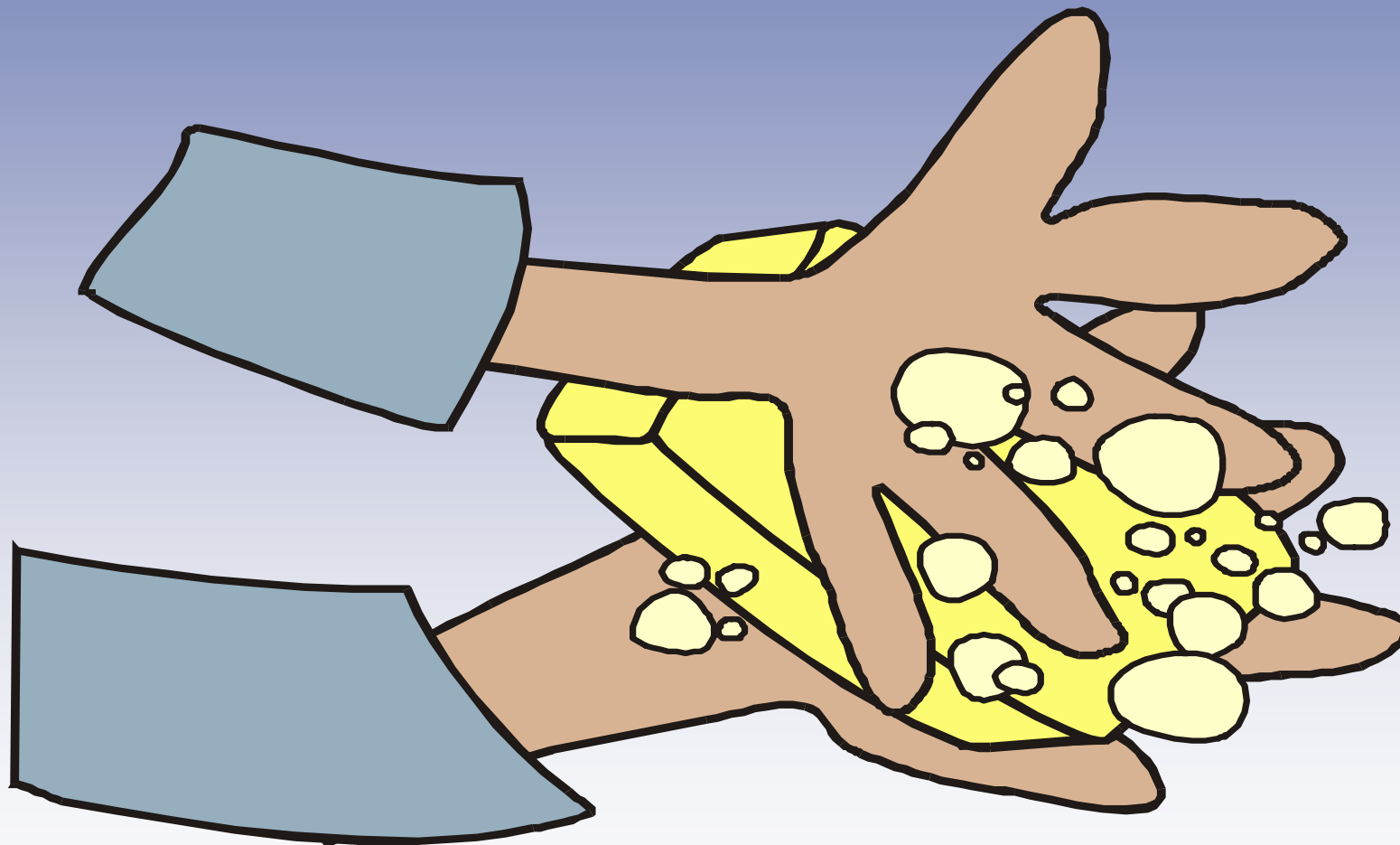
Get rid of germs that make you sick



- Remember ...Wash and Dry Your Hands

Staying well is simple

Get rid of germs that
make you sick



Remember ... Wash and Dry Your Hands

Why we wash our hands



- To wash those bugs and germs away
- So we don't get sick ourselves
- So we don't make others sick

Bugs and germs
Some look like Worms
Good and bad
bad made you sad
You felt sick
A real mean trick
Stuck to your hands
They made their plans
Quickly inside
Find a place to hide

- Coughs and sneezes spread diseases
- Cuts and grazes sore for ages
- Poos and wees tummy disease

NO more school
You stopped their plans
to make you sick
You washed your hands
They're gone real quick
You told your friends
You stopped their tricks
You always washed your hands
- By Suzanne Miller

Why we wash our hands

- To wash those bugs and germs away
- So we don't get sick ourselves
- So we don't make others sick



When to wash and dry your hands

- After using the toilet
- Before you touch or eat food
- After playing with animals
- After coughing sneezing



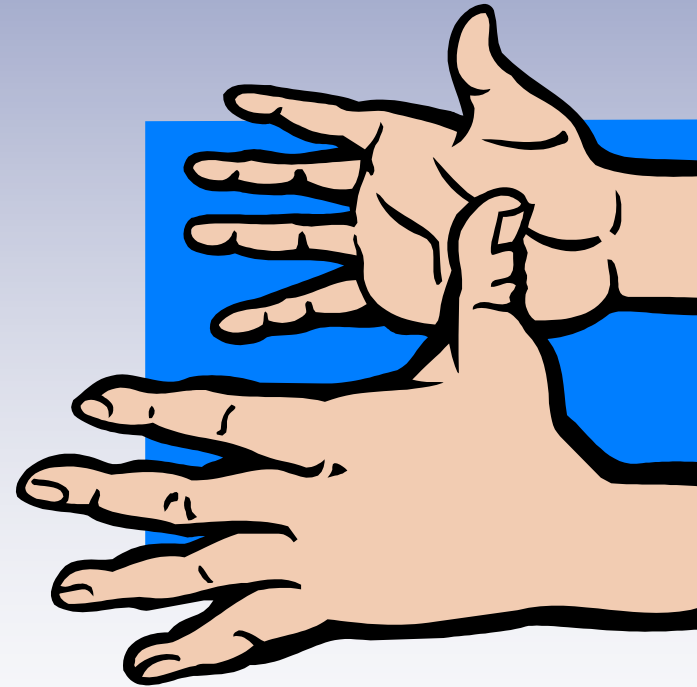
Interactive session:

Ask the audience when else we could wash/dry our hands?

- Before and after helping someone who is sick.
- Before and after helping someone who is hurt.
- Remind each other to wash/dry our hands
- Tell your friends and family

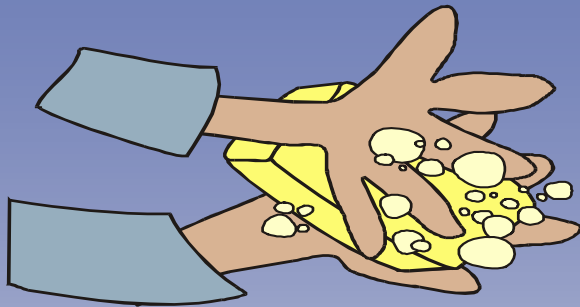
When to wash and dry your hands

- After using the toilet
- Before you touch or eat food
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How to wash and dry your hands

(20 second hand wash)



Vigorously rub your hands together
reaching all those hard to get spots

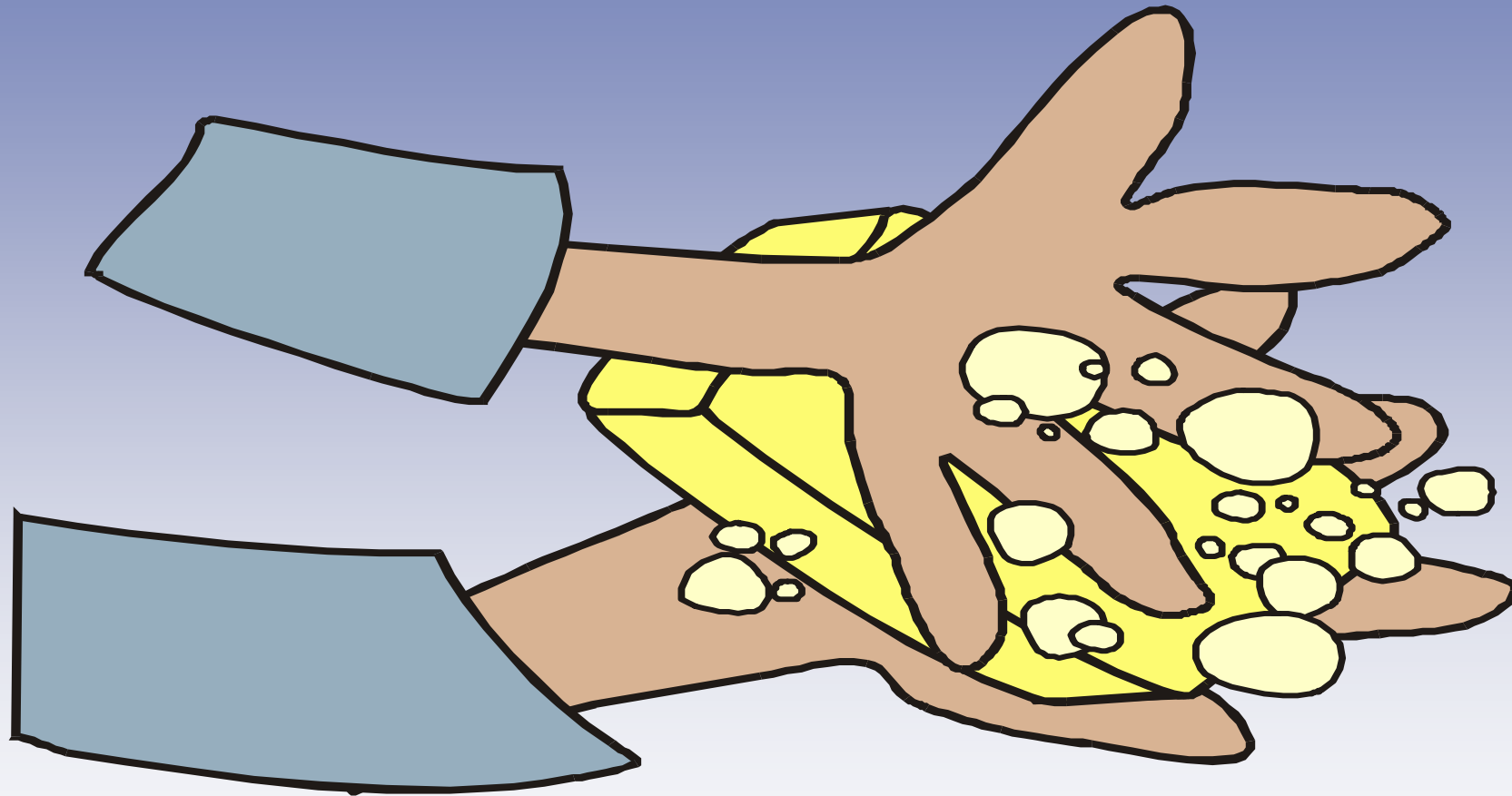
THEN DRY THEM WELL

How to wash the hands

- Wet your hands well first with water. Then apply the soap. Now rub your hands together really well.
- No matter what you are washing your hands with, the 20 second handwash will ensure a thorough cleaning of your hands, reaching those often forgotten or missed spots!
- Sing "HAPPY BIRTHDAY TO YOU" - it takes about 20 secs.
- Remember if you are using soap and water to rinse the soap away and to **dry your hands well**.

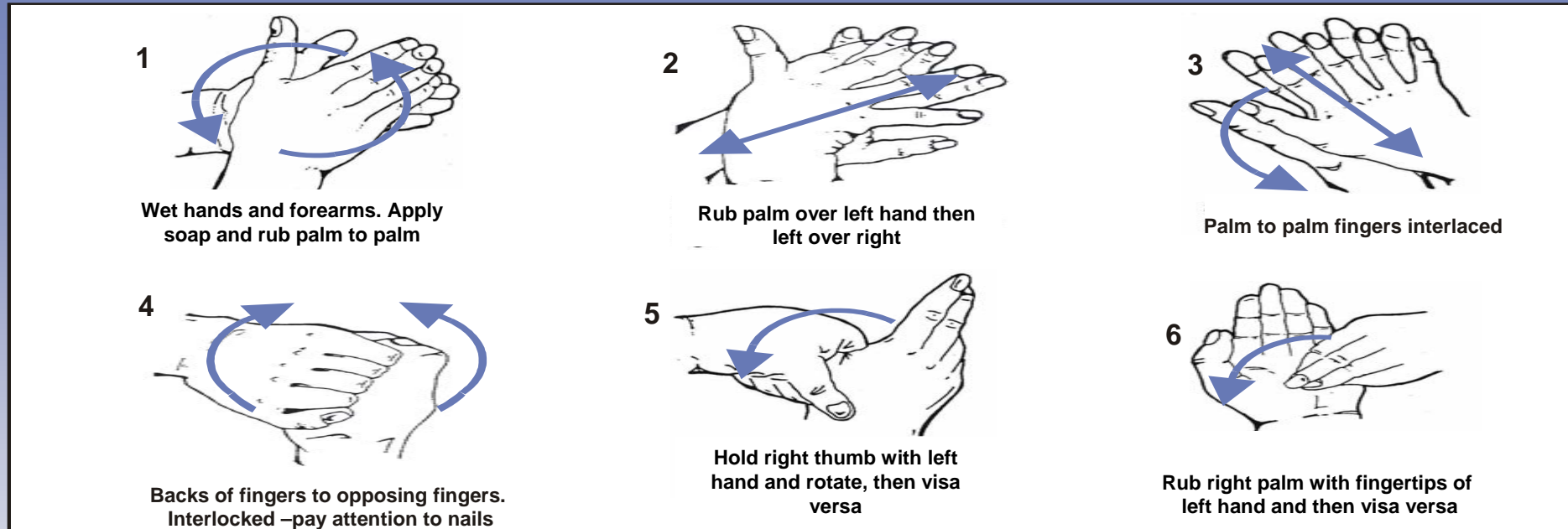
How To Wash Your Hands

(20 second hand wash)



Vigorously rub your hands together reaching all those hard to get spots **THEN DRY THEM WELL**

How To Wash Your Hands (20 second hand wash)



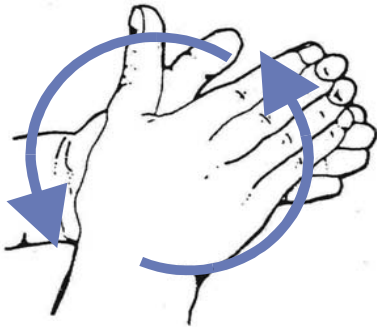
Teachers only slide

- No matter what you are using, soap and water or alcohol based hand gels, the 20 second hand wash using the above method will ensure a thorough cleaning of your hands, reaching those often forgotten or missed spots!
- Sing "HAPPY BIRTHDAY TO YOU" - it takes about 20 seconds.
- Remember if you are using soap and water to rinse the soap away and to **dry your hands well**.
- If using alcohol hand gels make sure the gel has dried before moving on to your next task.

How To Wash Your Hands

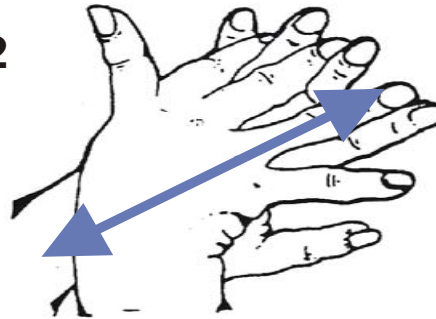
(20 second hand wash)

1



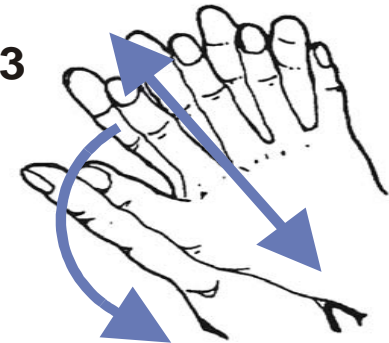
Wet hands and forearms.
Apply soap or Bioprep, and
rub palm to palm

2



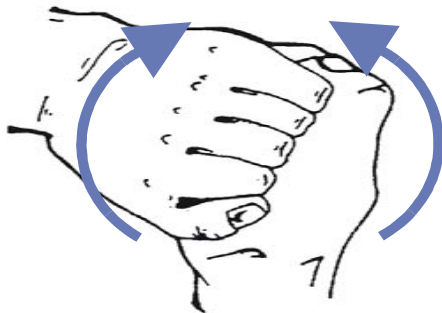
Rub palm over left hand
then left over right

3



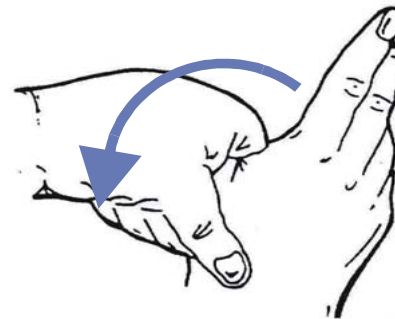
Palm to palm fingers
interlaced

4



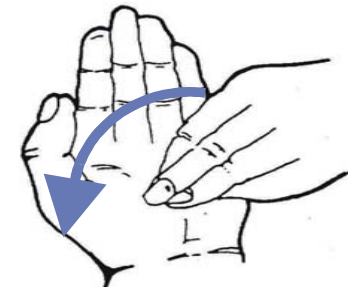
Backs of fingers to opposing
fingers. Interlocked - pay
attention to nails

5



Hold right thumb with
left hand and rotate,
then vice versa

6



Rub right palm with
fingertips of left hand
then vice versa

So why all the fuss about drying the hands?



Because wet hands leave germs prints behind!

So why all the fuss about drying the hands?



Because wet hands leave germs prints behind!

If we don't dry our hands properly we leave hand prints of germs everywhere!

Drying your hands properly is VERY important

It stops germs spreading to things you and others touch

So remember to dry your hands well.

It takes time to dry your hands properly! Here are some ways we can do this

- **Air-towels**

45 seconds to dry your hands properly. Can you stay there for that long? Sing Happy Birthday twice!

- **Paper towels**

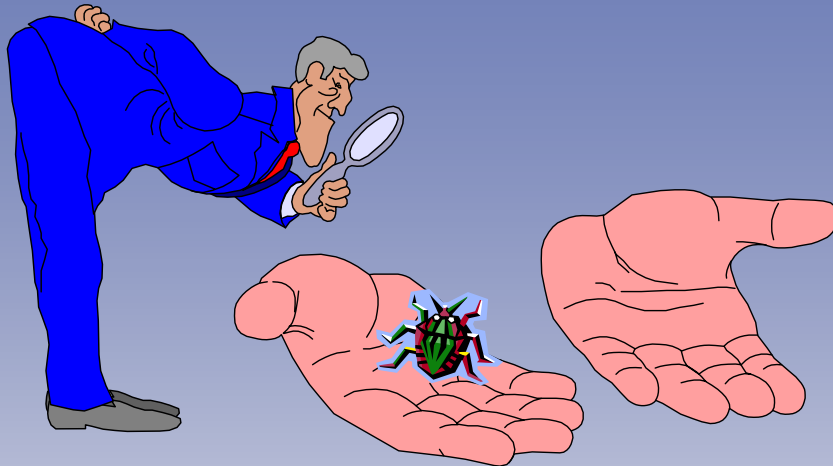
- **Hand towels**

- **Roller cloth towels**

10 seconds for each hand on a clean section or part of the towel. **20 seconds** altogether. **Sing Happy Birthday Once**

- Remember to throw the paper towel in the bin
- To pull the roller towel down, so it is clean for the next person
- To wash your towels at home regularly

But my hands don't look dirty



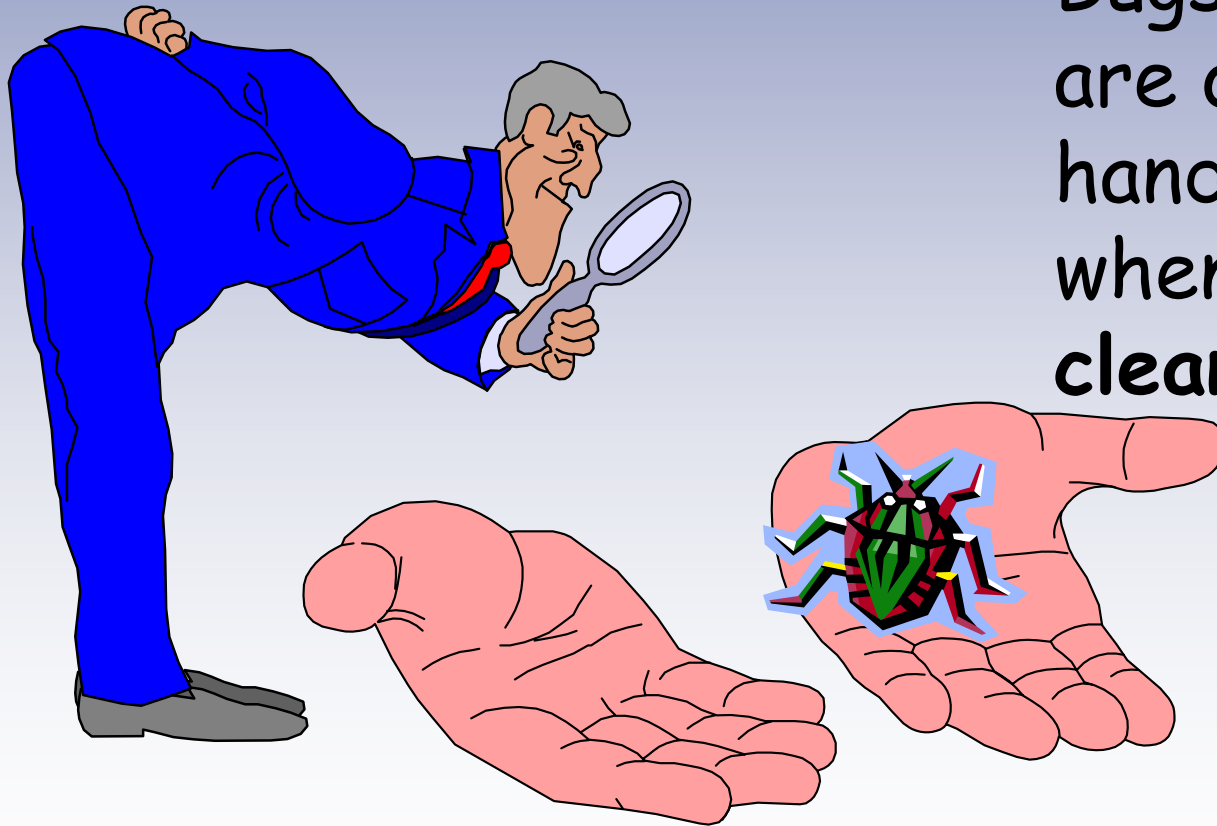
- Remember!
- Bugs and germs are on our hands even when they look clean

Washing your hands is the best way to prevent illness

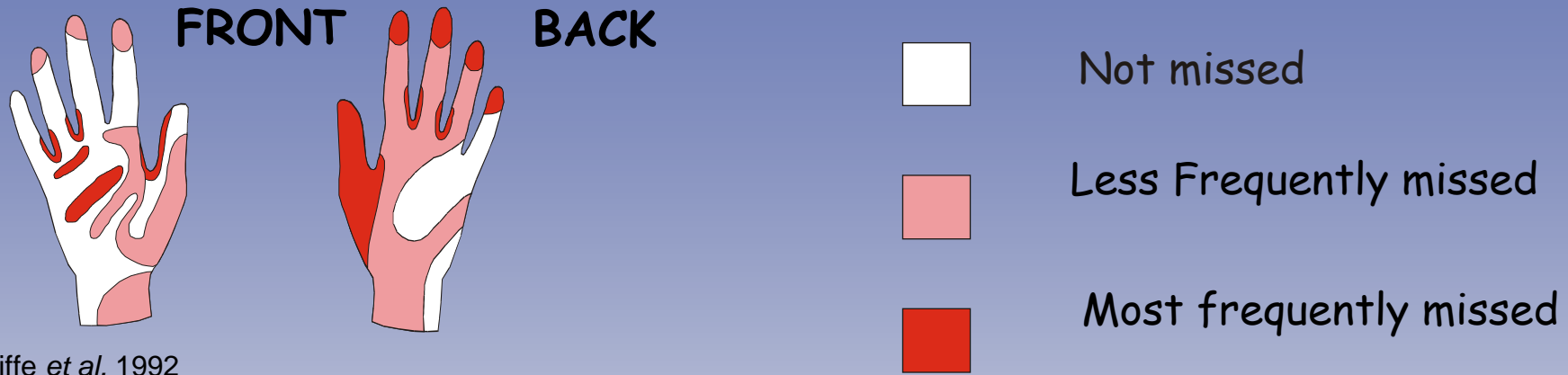
- Bugs and germs on the hands is the most important means of spreading infection.
- Hands become dirty (we cannot always see the dirt) with a variety of bugs and germs when they are in contact with **people** and **objects**.
- Good hand-washing removes these bugs and germs and prevents **others** and **yourself** from getting sick.

But my hands don't look dirty

- Remember!
- Bugs and germs are on our hands even when they look clean



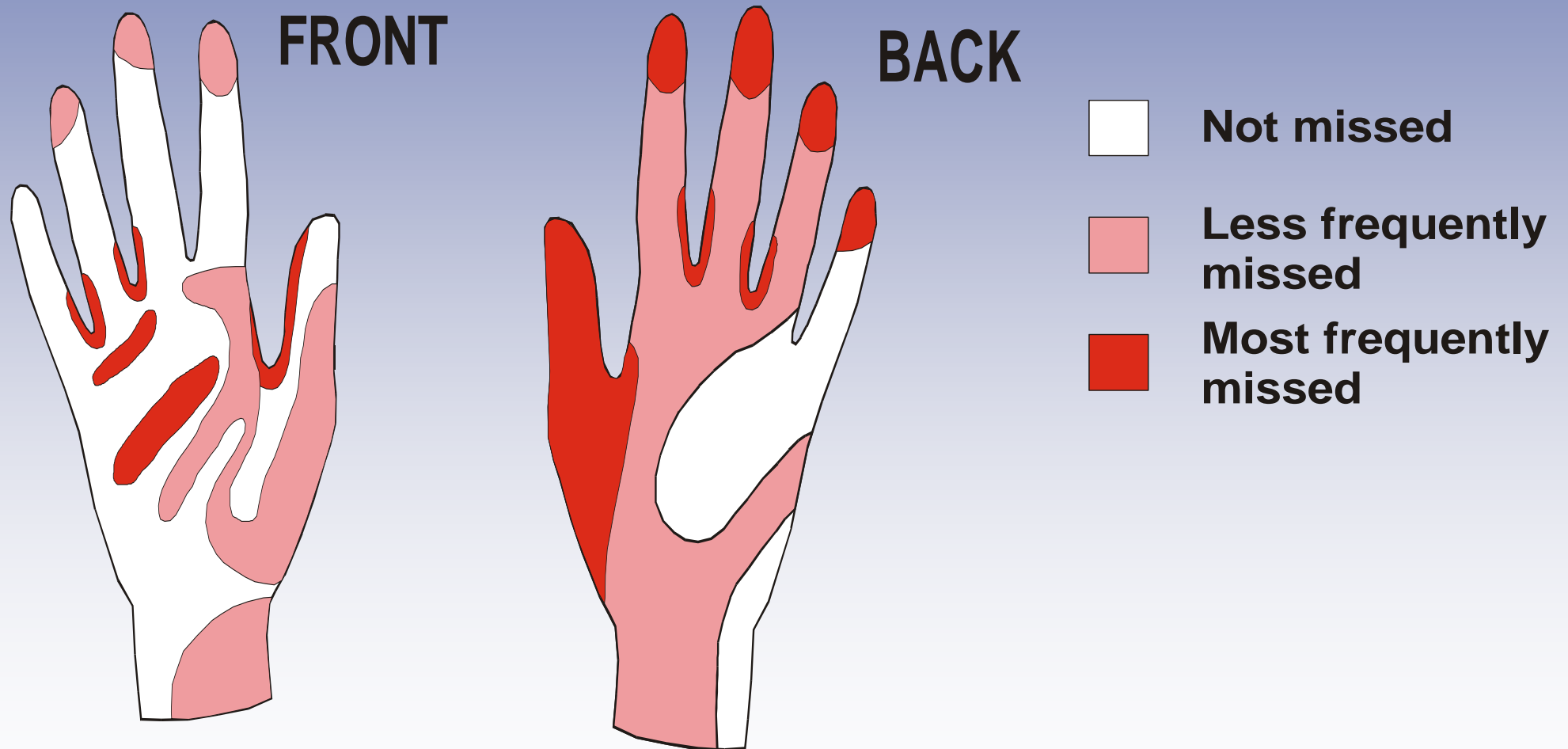
The places we miss when we wash our hands



Teachers Slide Only

- Areas of the hands most frequently missed during hand-washing. (Ayliffe *et al.* 1992).
- What you can't see can spread bugs and germs.
- This was clearly demonstrated using the teaching aid **Glow Germ**.
- Most of you completed this exercise and you can see that science has shown us those hard to get places are the same for all of us!!!

The places we miss when we wash our hands



Ayliffe et al. 1992



Beat those bugs and germs

Wash and dry your hands

Discussion

Staying well means we can have fun... go to school, have fun and be with our friends etc.

Beat those bugs and germs

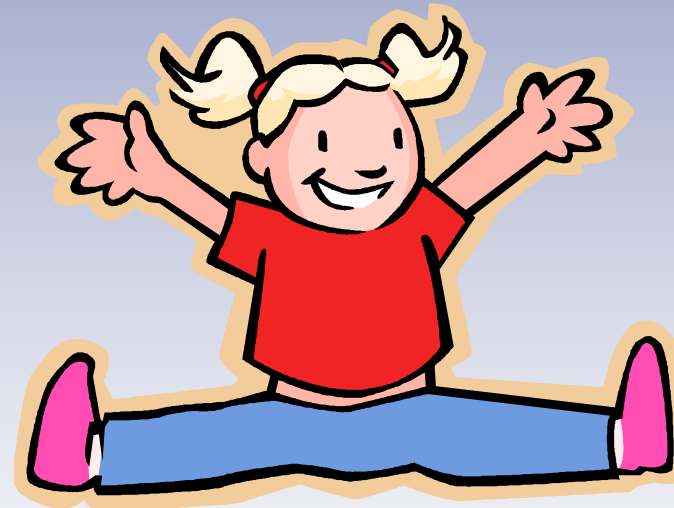


Wash and dry your hands

- Created by Suzanne Miller
- Community Infection Control Facilitator - Advisor
- Capital and Coast District Health Board

- Acknowledgements
- Capital and Coast Health
 - Infection Control Team
 - Communications Unit
- Think Graphics
- Allen and Clarke Policy and Regulatory Specialists Limited
- Wellington Regional Public Health
- Auckland Regional Public Health

- Sources for Resource Development
- Ayliffe GAJ, Geddes AM, Lowbury EJJ, Williams JD.1992
- Control of Hospital Infection A Practical Handbook, 3rd edition. Chapman and Hall, London
- Centres for Disease Control
- World Health Organisation. Influenza pandemic preparedness plan 2004.
- National Institute for Clinical Excellence (NICE) for use in community care 2003





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Glow Germ Exercise

- What you can't see can spread Bugs and Germs
 - This can clearly be demonstrated using the teaching aid **Glow Germ**. Do this exercise before starting this presentation. Your audience will be more alert and interested in the material you are about to present!
1. Rub **Glitter Bug** all over the hands (**Pretend Germs**)
 2. **Now wash and dry your hands as you normally would**
 3. Now using a black light UV lamp (Dark Area Required) check hands. See glowing areas in the nails, around the thumbs, and between the webbs of the fingers
- Cleaning hands properly can take us a bit longer than we thought.
 - You can also get participants to rub their hands with **Glow Germ** and then throw a ball around the room. Use the light to see how the ball and the hands glow. Or make fingerprints on the wall, or on each other
- **Make it Fun!**