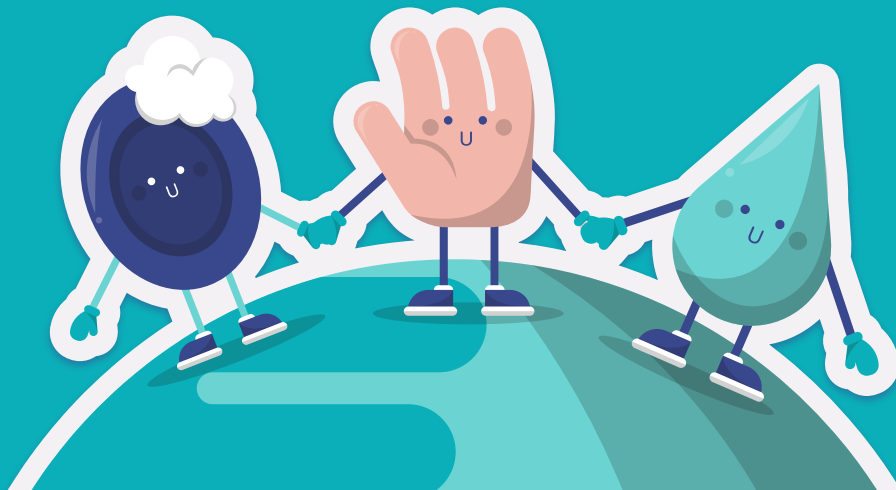


HAND HYGIENE for **School-aged children**

Riley Love



OBJECTIVES

1. Be able to define hand hygiene and identify the materials that make up hand hygiene.
2. Perform the steps of hand hygiene.
3. Discuss and give reasons behind the importance of hand hygiene.
4. Discuss ways to promote hand hygiene amongst a younger generation.



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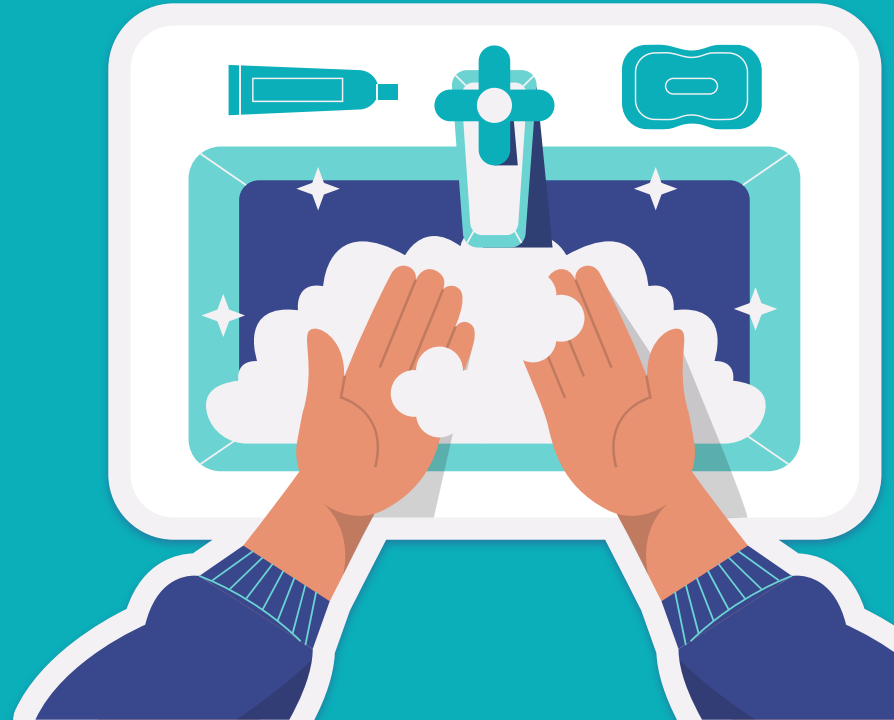
HAND HYGIENE

What is hand hygiene? Why is it important?



What is hand hygiene?

- Another term for handwashing.
- Using soap and water to clean one's hands.
- When scrubbed together for longer than 20 seconds, the soap and water work to kill bacteria and germs living on and infecting your hands.



WHY IS IT IMPORTANT?

- Clean hands save lives!
- Prevents the spread of germs and viruses in areas like classrooms and cafeterias.
- Helps deter the spread of harmful illnesses and complications that may come from them.
- One of the best and easiest ways to prevent yourself and your family from getting sick.



The background is a vibrant teal color decorated with white clouds, stars, and circles. In the top-left corner, a large white cloud is partially visible. In the top-right corner, there is an illustration of a hand being washed with blue and white soap bubbles. In the bottom-left corner, another illustration shows hands being washed with similar bubbles. The number '2' is centered within a white cloud shape on the left side of the page.

2

HANDWASHING

What is the proper technique for washing hands? What are the steps of handwashing?

HANDWASHING TECHNIQUE

- According to the Center for Disease Control and Prevention (CDC), a five step hand washing technique should be followed(2022).
 - Wet hands with clean running water (warm or cold), turn off water and dispense soap into hands.
 - Lather hands by rubbing them together - make sure to lather the back of the hands, between the fingers and under the nails.
 - Scrub hands for at least 20 seconds - humming the birthday song two times through can help you keep track of time.
 - Rinse hands well under running warm or cold water.
 - Dry hands with clean towel or let them air dry.
- Additional techniques exist with differing numbers of steps however, they all have the same general message and directions.

Proper hand hygiene

Follow these instructions to make sure you're washing your hands correctly. You'll need soap (antibacterial works best) and paper towels or a clean cloth or a hand dryer.



Wet your hands with warm water



Place a small amount of soap on your hands and lather well



Rub your hands briskly for at least 20 seconds



Scrub all surfaces



Backs of your hands, wrists



Between your fingers and under your nails



Rinse your hands with warm water

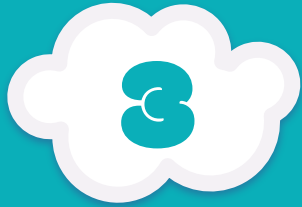


Completely dry your hands

If you touch anything, sneeze into your hands or feel your hands may no longer be clean, wash your hands again before continuing with your care.

THE STEPS OF HANDWASHING

Like the steps given by the CDC, the steps provided in this visual aid cover the same general concept using the same ideas. The only difference is that this graphic is further broken down into steps covering what surfaces to lather.



MATERIALS

What is needed to complete the act of handwashing? What materials are needed to promote hand hygiene?





MATERIALS NEEDED FOR HAND WASHING



1. Soap (hand sanitizer if soap not available)
2. Sink with access to running clean water
3. Paper towels/hand dryers



Materials to Promote Hand Hygiene

- Visual aids posted in common easy to see areas.
- Supplemental videos, books or songs.
- Real life demonstrations.
- Role model, teacher or supervisor who holds students accountable.
- Hand sanitizer stations in common areas like hallways, classrooms, and cafeterias.
- Consistent encouragement from role models or peers.



4

MY PLAN

How do I plan to teach and promote hand hygiene?



Promotion Intervention #1: Visual Aids



Visual aids posted in common and/or busy areas serve as reminders while also providing an educational refresh.



Promotion Intervention #2: Hand Sanitizer Stations



Providing easy access to a means of hand hygiene makes those who encounter it more likely to use it!



Promotion Intervention #3: Supplemental Videos, Books and Songs

This age group and their attention spans can prove to be a challenge. Supplement the lesson with fun additions like videos, songs or glow gel, which will also help them remember the correct directions when they go to perform hand hygiene on their own.



Washing Hands Song

Wash, Wash, Wash Your Hands

Wash, wash, wash your hands,
Soap will make them clean!
Scrub the germs 'til they fall off,
They go down the drain.



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