

Handwashing Workshops

Materials Needed:

- **Posters**
 - [Don't get germs! Wash your hands](#)
 - [When to wash your hands](#)
 - [Hooray for handwashing](#)
 - [How to correctly use hand sanitizer](#)
- **Glo-Germ kit (optional if purchased)**
- **Washable paint (optional)**
- **Sink access (soap and water)**
- **Activity sheet**
 - [Connecting the Dots Activity](#)
- **[Certificates](#)**

Script for Elementary Schools

Introduction	Good morning/afternoon. My name is _____ and I am a _____.
I am here...	To talk about germs and how to get rid of them by proper handwashing! Handwashing is the most important way to stop the spread of germs!
Did you know?	<ul style="list-style-type: none"> ▪ You spend approximately 1/3 of your entire day at school ▪ An estimated 80% of common infectious diseases (like the common cold and influenza/flu) are spread by contaminated hands! ▪
Germs	<i>Facilitator to ask questions and prompt students to answer. Once you take answers from the audience, you can review the scripted answers below</i>
<ul style="list-style-type: none"> ▪ Where can we find germs at school/work? 	<p>*Show Poster ‘Don’t Get Germs’</p> <p>Frequently touched surfaces – including bathroom (e.g., toilet, tap), keyboards, desk, doorknobs, light switches, pens, pencils, playground</p>
<ul style="list-style-type: none"> ▪ What kind of germs can you find at school? 	<ul style="list-style-type: none"> ▪ Viruses – COVID-19, influenza (the flu), rhinovirus, adenovirus (causes common cold), norovirus (commonly called “Norwalk”) ▪ Bacteria – <i>E.coli</i> (e.g., ground beef), <i>Salmonella</i> (e.g., chicken) ▪ Parasites - <i>Giardia lamblia</i> (e.g., river water)

	<p>Can you see these germs? No they are very tiny! <i>You need to use a microscope!</i></p>
<ul style="list-style-type: none"> ▪ How do germs get into our body? 	<ul style="list-style-type: none"> ▪ A sick person can pass their germs to others through coughing, sneezing and touching things with unclean hands ▪ Germs can survive on hard surfaces for up to 2 days! ▪ When we touch contaminated surfaces, we can pick up the germs on our own hands ▪ If we touch our eyes, noses, or mouth, germs can get into our body
<ul style="list-style-type: none"> ▪ How do you know you are sick? 	<ul style="list-style-type: none"> ▪ Respiratory - coughing, sneezing, sore throat, wheezing ▪ Enteric – stomach cramps, nausea, vomiting, diarrhea ▪ Other – headache, fever, chills, muscle aches, tiredness
<ul style="list-style-type: none"> ▪ What should we do when we are sick? 	<ul style="list-style-type: none"> ▪ Stay home when you are sick (limit contact with others) and get plenty of rest <p>Demonstration: Presenter to cough and/or sneeze into their sleeve – covering their nose and mouth. One can also use a tissue (discard into garbage then wash hands). Never cough or sneeze into your hand!</p>

Handwashing	
Why is it important?	<p>It is the single most effective way to prevent yourself and others from getting sick.</p> <p>Let's now have a demonstration to see how well handwashing removes germs from our hands...</p>
<ul style="list-style-type: none"> ▪ What do you need to wash hands? 	<ul style="list-style-type: none"> ▪ Warm water: use water that is comfortably warm to wash your hands ▪ Soap: <u>Bar or Liquid?</u> Use liquid, bar soap can actually have germs on it. <u>Antibacterial or regular?</u> Use regular. Research shows antibacterial soap offers no benefit over regular soaps in preventing common illnesses like the flu. ▪ Friction/Rubbing Action: This is one of the most important steps. Rubbing hands together (for a minimum of 15 seconds) helps loosen and lift germs so that they can be rinsed away with water. ▪ Drying hands: use paper towels or air dry hands <p>Note: Hand sanitizer, if soap and running water are not available, use an alcohol-based hand sanitizer. If hands are visibly soiled, use a moist towelette before applying the hand sanitizer.</p>
<ul style="list-style-type: none"> ▪ When should you wash your hands? 	<p>*Show Poster '<u>When to Wash Your Hands</u>'</p>

	<ul style="list-style-type: none"> - If hands look or feel dirty - Before...eating, drinking, preparing, cooking or serving food - After... blowing your nose, coughing or sneezing, playing outside or with animals, going to the washroom or handling garbage <p>Wash your hands with hand sanitizer:</p> <ul style="list-style-type: none"> - If soap and running water are not available - If hands are visibly clean - If hands are visibly dirty, clean with a moist towelette before using hand sanitizer
<p>Let's all pretend to wash our hands</p>	<p>*Show Poster 'Hooray for Handwashing'</p> <ul style="list-style-type: none"> ▪ Lead the group through the 6-step handwashing method (pull sleeves up first). ▪ 15 seconds of lathering seems like a long time...sing the ABC song or Happy Birthday to benchmark the 15 seconds. Don't forget to rub fingertips, in-between fingers, thumbs, backs of the hands and wrists. ▪ Don't forget to turn taps off with paper towel so you don't get germs again.
<p>Let's review how to wash our hands with hand sanitizer</p>	<p>*Show Poster 'How to Correctly Use Hand Sanitizer'</p> <ol style="list-style-type: none"> 1. Apply a coin-sized drop of hand sanitizer to your palm 2. Rub hand sanitizer between the palms <p>Rub hand sanitizer all around your fingers and thumbs, until dry</p>

ACTIVITIES	<i>Optional activities to reinforce learning from the session</i>
<i>Option #1 - Washable paint Activity – To be completed if you have the supplies</i>	
	<ul style="list-style-type: none"> ▪ Select 3 volunteers from the audience. ▪ Ask volunteers to roll up their sleeves, if necessary ▪ Distribute a dime sized amount of paint to each volunteer ▪ Have them rub the paint all over hands ▪ Designate each volunteer to take on a different role: <ul style="list-style-type: none"> ○ The person with “dirty” hands - they had no time to wash their hands. ○ The person with “semi-dirty” hands – they only rinsed their hands with water. ○ The person with “clean” hands – they washed their hands following the <i>Correct Handwashing Procedure</i>.
<p>Look at hands</p> <p>Dirty Hands – did not wash</p> <p>Semi-Dirty Hands – only used water</p>	<ul style="list-style-type: none"> ● <i>Once the volunteers who were “washing” their hands have returned look at their hands</i> ● <i>Start with the volunteer with “dirty” (unwashed) hands.</i> <i>The paint should be visible on their hands.</i> <ul style="list-style-type: none"> ○ <i>Have the person touch a surface. Paint should be transferred to the surface, further demonstrating the transfer of germs.</i> ● <i>Next, examine the volunteer with “semi-dirty” hands.</i> <i>There should be a slight reduction in the amount of paint on their hands compared to the person with “dirty” hands, but they should still have paint visible.</i>

<p>Clean Hands – soap and water</p>	<ul style="list-style-type: none">• <i>Lastly, look at the volunteer with “clean” hands.</i> <i>There should be a significant reduction in the paint visible on their hands compared to the first two volunteers. Discuss areas that are commonly missed during handwashing (where paint is still visible), around the thumbs and wrists, between the fingers and underneath the fingernails. Encourage the audience to pay extra attention to these areas when they are washing hands. Explain that real germs can be washed off through proper handwashing.</i>• <i>Thank volunteers, allow them to wash their hands if they wish, have them return to their seats.</i>
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Option #2 - Glow-germ Activity – To be completed if you have the supplies	
	<ul style="list-style-type: none">▪ Select 3 volunteers from the audience.▪ Ask volunteers to roll up their sleeves, if necessary▪ Distribute a dime sized amount of “Glow” lotion to each volunteer▪ Have them rub the lotion all over hands until no longer visible – pretend germs are like real germs; we cannot see them▪ Designate each volunteer to take on a different role:<ul style="list-style-type: none">○ The person with “dirty” hands - they had no time to wash their hands.○ The person with “semi-dirty” hands – they only rinsed their hands with water.

	<ul style="list-style-type: none"> ○ The person with “clean” hands – they washed their hands following the <i>Correct Handwashing Procedure</i>.
<p>Look at hands</p> <p>Dirty Hands – did not wash</p> <p>Semi-Dirty Hands – only used water</p> <p>Clean Hands – soap and water</p>	<ul style="list-style-type: none"> ● Once the volunteers who were “washing” their hands have returned, turn on the UV light (you may have to dim the lights in the room). One-by-one expose the volunteer’s hands to the UV light to illuminate the residual lotion or pretend germs. ● Start with the volunteer with “dirty” (unwashed) hands. The Glow Lotion will glow white under the light. Explain that the white glow shows where the pretend germs are on their hands. <ul style="list-style-type: none"> ○ Have the person touch a surface and shine the UV light on the surface to further demonstrate transfer of germs. ● Next, examine the volunteer with “semi-dirty” hands. There should be a slight reduction in the areas that glow purple when compared to the person with “dirty” hands, but they should still have a large amount. ● Lastly, look at the volunteer with “clean” hands. There should be a significant reduction in the areas that glow purple when compared to the first two people. Discuss areas that are commonly missed during handwashing (where Glow Lotion was still illuminated under the light); around the thumbs and wrists, between the fingers and underneath the fingernails. Encourage the audience to pay extra attention to these areas when they are washing hands. Explain that like the lotion, real germs can be washed off through proper handwashing. ● Thank volunteers, allow them to wash their hands if they wish, have them return to their seats.
<p>End Session</p>	<p>Thank participants for their time and answer any questions. <i>Hand out <u>activity</u>- Connecting the dots/<u>certificate</u> to each student (if available)</i></p>



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WHEN TO WASH YOUR HANDS

1 Before putting on and after removing a face mask



2 After blowing your nose, coughing or sneezing



3 After using the washroom



4 After playing outside



5 After playing with animals



6 After handling garbage



7 Before and after touching food



8 Before and after eating or drinking



9 If your hands look or feel dirty



Stay COVID-smart!
Do your part to stop
the spread!



HOORAY FOR HANDWASHING



1 Wet your hands



2 Apply soap



3 Rub your hands together to make bubbles



4 Rinse your hands



5 Dry your hands, with paper towel



6 Turn off taps with paper towel



Stay COVID-smart!
Do your part to stop
the spread!

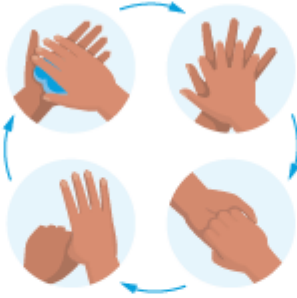

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HOW TO CORRECTLY USE HAND SANITIZER

1 Apply a coin-sized drop to your palm



2 Spread sanitizer and rub palms together



3 Rub all around your fingers and thumbs, until dry



Important Tips:

- Use hand sanitizer when:
 - soap and running water are not available
 - hands are not visibly dirty
- Use an alcohol-based hand sanitizer that has 60%-90% alcohol
- If you cannot use an alcohol-based hand sanitizer, look for one that has been approved for use by Health Canada
- Children should be supervised when using hand sanitizer product
- Do not apply hand sanitizer near an open flame
- Use moistened towelettes followed by hand sanitizer when hands are visibly dirty and soap and water are not available

Note: alcohol-based hand sanitizer dispensers must not be placed within 15cm (six inches) of a source of ignition (e.g., electrical outlet, light switch).

Stay safe.
Stay informed.
york.ca/COVID19


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89 Linc updated September 9, 2020



**I promise
to wash my hands!**

_____ has participated in a
Handwashing Education Session

Congratulations!

You are one step closer to preventing
the spread of germs in our community!

