

Lesson Plan #2 – Hand Hygiene

Washing your hands helps prevent the spread of infection; it's essential to understand the significance of washing our hands in order to prevent illnesses from occurring. Children and adults are often pre-occupied and sometimes don't think about washing their hands. Reinforcing hand washing at an early age is important so children will incorporate it into their daily routine. Unwashed hands carry bacteria and viruses that cause infections, which results in missed days at work and school. Refer to the steps below to learn the proper technique of washing hands.

This lesson plan will help children learn how to properly wash their hands and understand the importance of it. They will be able to name moments that are necessary to wash their hands such as before and after eating, after using the washroom, and after blowing their nose.

Key Messages

Why is washing our hands important?

Washing our hands is the most important way to stop the spread of germs. Think about all of the things that you touched today — from toys to the toilet. Maybe you blew your nose in a tissue and then went outside to dig around the dirt. Whatever you did today, you came in contact with germs. You can't stop germs from getting onto your hands but you can wash them with soap and water to stop germs from getting you or another person sick. Remember, hands have to be washed for at least 15 seconds, try singing the ABCs.

- ★ Why do we wash our hands?
- ★ Did you come in contact with germs today?

When should we wash our hands?

- Before eating, drinking or touching food;
- After using the washroom;
- After blowing your nose, coughing or sneezing;
- After visiting someone who is sick;
- If your hands look or feel dirty; and
- After playing outside, with toys, or with animals.

Steps to hand wash with soap and water

1. Remove jewellery and wet hands and wrists with warm water.
2. Use 1 or 2 squirts of liquid or foam soap.
3. Lather soap and **scrub hands well**, palm to palm.
4. Scrub in between and around fingers.
5. Scrub back of each hand with palm of other hand.
6. Scrub fingertips of each hand in opposite palm.
7. Scrub each thumb clasped in opposite hand.
8. Scrub each wrist clasped in opposite hand.
9. Rinse thoroughly under running water.
10. Pat hands dry with paper towel.
11. Turn off water using same paper towel.

Steps to clean hands with alcohol-based hand rub

1. Apply 1 to 2 pumps of product to palms of dry hands.
2. Rub hands together palm to palm.
3. Rub in between and around fingers.
4. Rub back of each hand with palm of other hand.
5. Rub fingertips of each hand in opposite palm.
6. Rub each thumb clasped in opposite hand.
7. Rub each wrist clasped in opposite hand.
8. Rub hands until product is dry. Do not use paper towels.

Supplemental Activities

- Get into the Soaper Hero Spirit
- GlitterBug Demonstration
- William! Won't You Wash Your Hands
- Handprint Mural
- Colour Me Happy
- Soaper Hero Activities