

2013 FACS-HandWashing-Preventing Spread of Disease(H.S)

Summary

Hand washing is an important procedure in the health care field as health care workers maintain a sterile environment and reduce the risk of spreading disease-causing bacteria. It is just as important for students to learn proper hand washing skills, as they also reduce their risk of spreading and catching viruses/germs in everyday activities.

Group Size

Individual

Materials

Sink

Paper Towels

Soap

Glo Germ Powder, Gel or Oil UV Light*

Glo Germ & UV Light are available from: GloGerm Company

800-842-6622

glogermco@gmail.com

www.glogerm.com

Instructional Procedures

Step 1

As students are coming into the classroom you can do a few options:

- Have glo-germ on various items that students may touch: door knob, pencil sharpener, various desktops, etc.

- Have some on your hand and shake some of the students hands as they come into the classroom.

- Have a few students put some of the glo-germ on their hands ahead of time and have them go around and shake other students hands, etc.

- Use glo-germ powder and put some inside of a bean bag that you then throw around the room to students -- as they catch the bean-bag the powder will get on their hands.

- Just have students put a small nickel-size amount of glo-germ on their hands and rub it in like lotion.

Step 2

Explain to the students that viruses/bacteria are often spread by our hands coming in contact with surfaces that are contaminated (other people's hands, door knobs, counters, etc). When we ourselves are sick, we often times get those germs on our hands and then we spread those germs to others.

Have the students lists places/objects that they feel are prime places to spread germs (bathrooms, door knobs, etc).

Step 3

Have the students put their hands under the UV light. Explain to the students that if we could see germs or viruses this is what they would look like. Also look on their clothing and surrounding areas to see if there are germs there (especially if you tossed a bean bag around).

Step 4

Explain to the students that one of the best ways to stop the spread of germs is to wash your hands. Discuss the correct way to wash your hands: Use soap and warm water. Rub hands together vigorously for at least 20 seconds. Make sure you clean underneath your fingernails and between

your fingers. Rinse your hands thoroughly and dry hands with a dry paper towel or air dry.

Step 5

Allow the students to wash their hands.

Step 6

Allow the students to look at their hands again under the UV light. Make note of places that students did not get their hands properly cleaned. Talk about why it is important to do a thorough job when washing their hands.

Step 7

Reference the attached article "Many Don't Wash Hands After Using the Bathroom" which was published in the New York Times in 2005. Key points:

In a nation-wide poll, 91% of adults stated they washed their hands after going to the restroom. However, when observers were sent out into public restrooms to see what actually happens, it was found that only 82% of Americans did.

If roughly 20% of the population is not washing their hands after using the restroom, determine how many people are 20% of your classroom. Theoretically if that many people in just your classroom are not washing their hands, talk about how many things they have probably touched that other students touched too. Meaning, that whatever bacteria/viruses that are on their unwashed hands have now transferred to your hands. Discuss how that makes it even more important that you are properly washing your own hands.

Step 8

All careers in health care require diligent hand washing to reduce the spread of germs. One career to consider would be a Surgical Technologist. Watch the Career Video showcasing a Surgical Technologist as a health care career option by going to www.careerinfonet.org.

Optional Lesson Plan if your classroom does not have Glo-Germ & UV Light

Materials needed: Colored Beads or M&M's (divided into groups of the same color)

Small paper cups

Step 1

Have each student put some beads in their paper cup (the beads must be the same color in their individual cups -- this is their "germ color").

Step 2

Have students trade 4 beads from their cup with at least 6 different individuals in the class.

Step 3

After they are done trading, have students observe how many different color beads are now in their cup. These other colored beads represent "germs" that you picked up from someone else in the class. Discuss with the class:

How many different types of germs are now in your cup?

Notice how when you spread your germ to an individual, they could now turn around and spread it to someone else.

Step 4

Explain to the students that one of the best ways to stop the spread of germs is to wash your hands. Discuss the correct way to wash your hands:

Use soap and warm water.

Rub hands together vigorously for at least 20 seconds.

Make sure you clean underneath your fingernails and between your fingers.

Rinse your hands thoroughly and dry hands with a dry paper towel or air dry.

Step 5

Allow the students to demonstrate proper hand washing techniques at a sink. Use a stop-watch or clock to time the students so they can see how long 20 seconds is when washing their hands.

Step 6

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Authors

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