



Recommendations for Hand Washing in Elementary Schools

Frequent hand washing is the most important and the easiest way to prevent and control the spread of MRSA and other infectious diseases.

All hand washing is not equal. It takes a consistent and vigorous washing to remove the germs on our hands. Children need proper instruction in order to learn when to wash their hands and how to wash them effectively.

Hand washing correctly and frequently is the first step toward staying healthy and can help us avoid spreading and receiving germs.

What are Germs

Germs are microorganisms. There are many different types of germs (bacteria and viruses), some are good and some are bad. Germs are found almost everywhere and can live on almost any surface and even in the air.

How Germs Spread

The main way that illnesses like colds and flu spread is from person-to-person in respiratory droplets from coughs and sneezes. Germs can also spread by touching surfaces or objects contaminated with infectious material or touching someone's infection.

When to Wash Your Hands

- Before and after eating.
- After using the toilet.
- After blowing or wiping your nose.
- After you cough or sneeze into a tissue.
- After playing outside or with shared toys.
- When hands are visibly dirty.
- Upon arriving home from school to prevent bringing germs from school into your home.

How to Properly Wash Your Hands

1. **WET** your hands with warm water.
2. **APPLY** plenty of soap to your wet hands.
3. **SCRUB** your hands together vigorously for at least 20 seconds. Wash the front and back of your hands, your finger tips, between your fingers and under your nails.
4. **RINSE** your hands with warm water.
5. **DRY** your hands with a clean paper towel.
6. **TURN OFF** the water using a paper towel.



Teaching Ideas

Consider using videos, demonstrations, games, stories, songs and other materials to reinforce the hand washing message. Please visit <http://www.tpchd.org/page.php?id=391> to reserve hand washing materials, the “Sneeze” video and/or black light kit.

Songs

Wash, Wash, Wash Your Hands (Sung to “Row, Row, Row Your Boat”)

Wash, wash, wash your hands
Wash them well today
Soap and water does the trick
It keeps the germs away!

Wash, wash, wash your hands
Wash them day and night
Scrub with soap and water too
And illness it will fight!

Scrub, scrub, scrub your hands
Until they’re nice and clean
Down the drain go dirt and germs
Never to be seen.

Rinse, rinse, rinse your hands
Under the water stream
Merrily, merrily, merrily, merrily
Hand washing’s a dream!

I’m Gonna Wash Those Germs (Sung to “I’m Gonna Wash That Man Right Out of My Hair”)

I’m gonna wash those germs right off of my hands,
I’m gonna wash those germs right off of my hands,
I’m gonna wash those germs right off of my hands,
And send them on their way!

I’m gonna scrub those germs right off of my hands,
I’m gonna scrub those germs right off of my hands,
I’m gonna scrub those germs right off of my hands,
And send them down the drain!

This Is The Way We Wash Our Hands (Sung to “Mulberry Bush”)

This is the way we wash our hands,
Wash our hands
Wash our hands
This is the way we wash our hands,
To get them squeaky clean!

Hand Washing Resources

Hand Washing Curriculum

- Minnesota Department of Health Hand Washing Tool Kit.
<http://www.health.state.mn.us/handhygiene/toolkit/index.html>
- Hand washing lesson plans for kindergarten through 6th grade.
<http://www.glogerm.com/worksheet.html>
- Hand washing song lyrics. <http://www.tsg.suny.edu/vcprovhandwash.htm>
- Henry the Hand organization has interactive curriculum and countless hand washing tips and facts. <http://www.henrythehand.com>
- The Medicine Chest. Teaching children the importance of hand washing.
<http://www.healthychild.net/articles/mc52handwash.html>

Interactive Website

- NSF Scrub Club is an interactive website that teaches kids about proper hand washing.
<http://www.scrubclub.org>

Hand Washing Materials

- Brevis
www.brevis.com
1 800 383-3377
GlitterbugTM UV View box, GlitterbugTM lotion, stickers, booklets, video tapes, posters, t-shirts.
- Glo GermTM
www.glogerm.com
1 800 842-6622
Glo Germ oil, black light wand
- Tacoma-Pierce County Health Department
Materials are available for free to Pierce County educators. Contact the Health Department at 253 798-6460 or reserved online at <http://www.tpchd.org/page.php?id=391>
 - ◆ Super Scrub and Bubbles activity booklets– grades K-2 & 3-5
 - ◆ Hand washing poster
 - ◆ Hand washing brochure
 - ◆ Hand washing activities – K- 5 (bingo, songs, word search, etc.)
 - ◆ UV light box & Glo Germ activity
 - ◆ “The Sneeze” video

- “The Sneeze: How Germs Are Spread”

Running Time: 3 minutes

Age: Kindergarten and up

AIMS Multimedia

9710 DeSoto Avenue

Chatsworth, California 91311-4409

1 800 367-2467

This engaging computer animated demonstration of how germs are spread will make hand washing an unforgettable necessity in the minds of everyone who views it. The program opens with bacteria dividing inside of the mouth. We travel with them as they go to a party. After being sneezed onto the host’s hand, the germs get transferred to a doorknob and a donut. The germs are picked up on the hands of other unsuspecting party goers.

- Mobile Hand Washing Unit

Tacoma-Pierce County Health Department has a portable hand washing trailer that can be reserved for a large event. Contact the Health Department at 253 798-6460 for availability.