

# GUIDE TO CONDUCTING A HANDWASHING DEMONSTRATION AT YOUR ELEMENTARY SCHOOL

## 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](#)**

## PUBLIC HEALTH

1-877-464-9675  
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## SCRIPT FOR ELEMENTARY SCHOOLS

<b><i>Introduction</i></b>	Good morning/afternoon. My name is _____ and I am so happy to be here to talk to you about something very important!
<b><i>I am here...</i></b>	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!
<b><i>Did you know?</i></b>	<ul style="list-style-type: none"><li>▪ You spend approximately 1/3 of your entire day at school</li><li>▪ An estimated 80% of common infectious diseases (like the common cold and influenza/flu) are spread by contaminated hands!</li></ul>
<b><i>Germs</i></b>	<b><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></b>
Where can we find germs at school/work?	<b><i>*Show Poster 'Don't Get Germs'</i></b>

	Frequently touched surfaces – including bathroom (e.g., toilet, tap), keyboards, desk, doorknobs, light switches, pens, pencils, playground
What kind of germs can you find at school?	<ul style="list-style-type: none"> <li>▪ <b>Viruses</b> – COVID-19, influenza (the flu), rhinovirus, adenovirus (causes common cold), norovirus (commonly called “Norwalk”)</li> <li>▪ <b>Bacteria</b> – <i>E.coli</i> (e.g., ground beef), <i>Salmonella</i> (e.g., chicken)</li> <li>▪ <b>Parasites</b> - <i>Giardia lamblia</i> (e.g., river water)</li> </ul>
Can you see these germs?	<ul style="list-style-type: none"> <li>▪ <b>No, they are very tiny!</b></li> <li>▪ <b><i>You need to use a microscope!</i></b></li> </ul>
How do germs get into our body?	<ul style="list-style-type: none"> <li>▪ A sick person can pass their germs to others through coughing, sneezing and touching things with unclean hands</li> <li>▪ Germs can survive on hard surfaces for up to 2 days!</li> <li>▪ When we touch contaminated surfaces, we can pick up the germs on our own hands</li> <li>▪ If we touch our eyes, noses, or mouth, germs can get into our body</li> </ul>
How do you know you are sick?	<ul style="list-style-type: none"> <li>▪ Respiratory - coughing, sneezing, sore throat, wheezing</li> <li>▪ Enteric – stomach cramps, nausea, vomiting, diarrhea</li> <li>▪ Other – headache, fever, chills, muscle aches, tiredness</li> </ul>

<p>What should we do when we are sick?</p>	<ul style="list-style-type: none"> <li>▪ Stay home when you are sick (limit contact with others) and get plenty of rest</li> </ul> <p><b>Demonstration:</b> 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). <b>Never cough or sneeze into your hand!</b></p>
<p><b><i>Handwashing</i></b></p>	
<p>Why is it important?</p>	<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>

<p>What do you need to wash hands?</p>	<ul style="list-style-type: none"> <li>▪ <b>Warm water:</b> use water that is comfortably warm to wash your hands</li> <li>▪ <b>Soap:</b> <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.</li>   <li>▪ <b>Friction/Rubbing Action:</b> 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.</li> <li>▪ <b>Drying hands:</b> use paper towels or air-dry hands</li> </ul>
<p>When can I use hand sanitizer?</p>	<ul style="list-style-type: none"> <li>▪ If soap and running water are not available, and hands are visibly clean, use an alcohol-based hand sanitizer.</li> <li>▪ If hands are visibly soiled, use a moist towelette before applying the hand sanitizer.</li> </ul>
<p>When should you clean my hands?</p>	<p><b>*Show Poster '<a href="#"><u>When to Wash Your Hands</u></a>'</b></p>

	<ul style="list-style-type: none"> <li>- <b>If hands look or feel dirty</b></li> <li>- <b>Before...</b>eating, drinking, preparing, cooking or serving food</li> <li>- <b>After...</b> blowing your nose, coughing or sneezing, playing outside or with animals, going to the washroom or handling garbage</li> </ul>
<p><b>Let's all pretend to wash our hands</b></p>	<p><b>*Show Poster '<u><a href="#">Hooray for Handwashing</a></u>'</b></p> <ul style="list-style-type: none"> <li>▪ Lead the group through the 6-step handwashing method (pull sleeves up first).</li> <li>▪ 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.</li> <li>▪ Don't forget to turn taps off with paper towel so you don't get germs on your hands again.</li> </ul>
<p><b>Let's review how to wash our hands with hand sanitizer</b></p>	<p><b>*Show Poster '<u><a href="#">How to Correctly Use Hand Sanitizer</a></u>'</b></p> <ol style="list-style-type: none"> <li>1. Apply a thumb-sized amount of hand sanitizer to your palm</li> <li>2. Rub hand sanitizer between the palms</li> <li>3. Rub hand sanitizer all around your fingers and thumbs, until dry</li> </ol>

<b>ACTIVITIES</b>	<i>Optional activities to reinforce learning from the session</i>
<b>Option #1 - Washable paint Activity – To be completed if you have the supplies</b>	
	<ul style="list-style-type: none"> <li>▪ Select <b>3 volunteers</b> from the audience.</li> <li>▪ Ask volunteers to <b>roll up their sleeves</b>, if necessary</li> <li>▪ <b>Distribute</b> a dime sized amount of <b>paint to each volunteer</b></li> <li>▪ Have them <b>rub the paint all over hands</b></li>   <li>▪ <b>Designate each volunteer to take on a different role:</b> <ul style="list-style-type: none"> <li>○ The person with <b>“dirty”</b> hands - they had no time to wash their hands.</li> <li>○ The person with <b>“semi-dirty”</b> hands – they only rinsed their hands with water.</li> <li>○ The person with <b>“clean”</b> hands – they washed their hands following the <i>Correct Handwashing Procedure</i>.</li> </ul> </li> </ul>
<b>Look at hands</b>	<ul style="list-style-type: none"> <li>• <i>Once the volunteers who were “washing” their hands have returned look at their hands</i></li>   <li>• <b>Start with the volunteer with “dirty” (unwashed) hands.</b></li> </ul>

<p><b>Dirty Hands – did not wash</b></p>	<p><i>The paint should be visible on their hands.</i></p> <ul style="list-style-type: none"> <li>○ <i>Have the person touch a surface. Paint should be transferred to the surface, further demonstrating the transfer of germs.</i></li> </ul>
<p><b>Semi-Dirty Hands – only used water</b></p>	<ul style="list-style-type: none"> <li>● <b><i>Next, examine the volunteer with “semi-dirty” hands.</i></b> <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></li> </ul>
<p><b>Clean Hands – soap and water</b></p>	<ul style="list-style-type: none"> <li>● <b><i>Lastly, look at the volunteer with “clean” hands.</i></b> <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></li> <li>● <b><i>Thank volunteers, allow them to wash their hands if they wish, have them return to their seats.</i></b></li> </ul>



**Option #2 - Glow-germ Activity – To be completed if you have the supplies**

	<ul style="list-style-type: none"><li>▪ Select <b>3 volunteers</b> from the audience.</li><li>▪ Ask volunteers to <b>roll up their sleeves</b>, if necessary</li><li>▪ <b>Distribute</b> a dime sized amount of “<b>Glow</b>” lotion to each volunteer</li><li>▪ Have them <b>rub the lotion all over hands until no longer visible</b> – pretend germs are like real germs; we cannot see them</li> <li>▪ <b>Designate each volunteer to take on a different role:</b><ul style="list-style-type: none"><li>○ The person with “<b>dirty</b>” hands - they had no time to wash their hands.</li><li>○ The person with “<b>semi-dirty</b>” hands – they only rinsed their hands with water.</li><li>○ The person with “<b>clean</b>” hands – they washed their hands following the <i>Correct Handwashing Procedure</i>.</li></ul></li></ul>
<p><b>Look at hands</b></p>          <p><b>Dirty Hands – did not wash</b></p>	<ul style="list-style-type: none"><li>• Once the volunteers who were “washing” their hands have returned, <b>turn on the UV light</b> (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.</li> <li>• <b>Start with the volunteer with “dirty” (unwashed) hands.</b> 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"><li>○ <b>Have the person touch a surface</b> and shine the UV light on the surface to further demonstrate transfer of germs.</li></ul></li> <li>• <b>Next, examine the volunteer with “semi-dirty” hands.</b></li></ul>



**DON'T GET  
GERMS**



**WASH YOUR  
HANDS**

Do your part to stop  
the spread of germs!  
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# 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



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## HOW TO USE HAND SANITIZER

**1** Apply enough to cover both hands



**2** Rub hands and around all fingers



**3** Rub hands until dry (minimum 15 seconds)



### Important Tips:

- To ensure proper hand hygiene, remove hand and wrist jewellery
- Use hand sanitizer if hands are not visibly dirty
- Use an alcohol-based hand sanitizer that has 70-90% alcohol with a Natural Product Number (NPN)
- Do not apply hand sanitizer near an open flame

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