

WHY IS IT IMPORTANT TO WASH YOUR HANDS?

1. WHY SHOULD YOU WASH YOUR HANDS?

Washing hands helps you stay healthy

- Your hands can hide germs that can make you sick.
- Germs are too small to see with your eyes.
- Your hands may not look dirty, but they have ability to make other people in your family sick.
- Germs live on the surface of our skin, in the soil, in our house, on our animals, and even in the pots we cook with.



2. HOW CAN GERMS ON YOUR HANDS SPREAD TO OTHER PEOPLE?

Germs can spread easily from your hands to everything you touch – even people!




- Food
- Babies
- Friends/Shaking hands
- Animals
- Things in your house
- Cell phones
- Clean water
- Money

HOW CAN YOU GET GERMS?

You can also get germs from things you touch

- Raw food
- Cooked food
- Dirty water
- Animals
- Babies
- Friends/Shaking hands
- Using the bathroom
- Cell phones
- Cleaning cloths
- Money

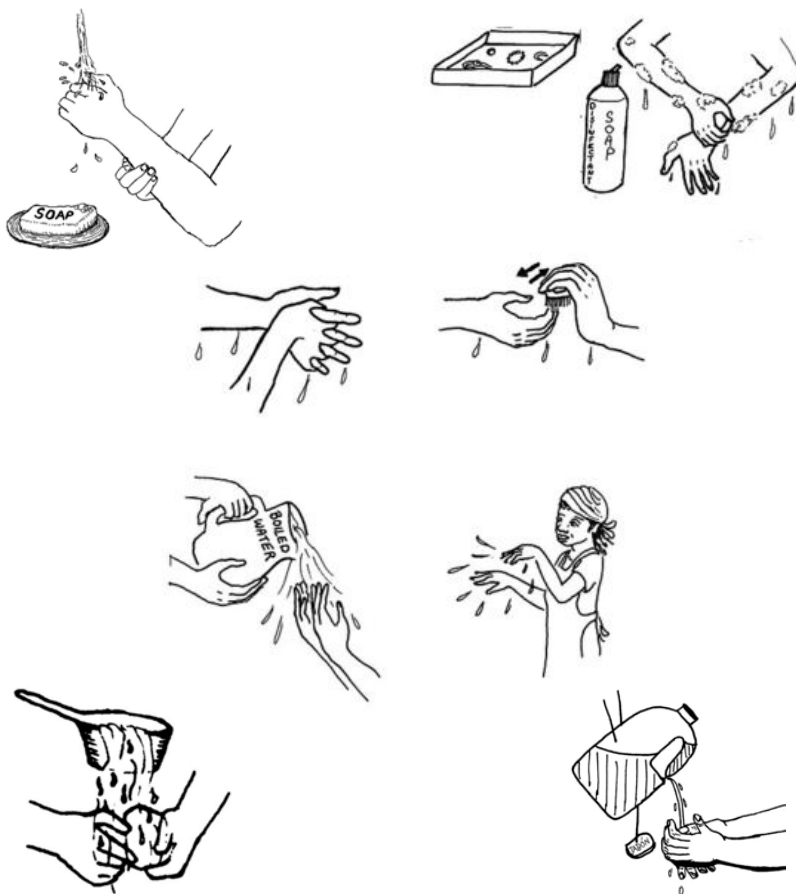


<p>3. WHAT HAPPENS IF YOU DON'T WASH YOUR HANDS?</p>	<p>Not washing your hands can make you very sick.</p> <ul style="list-style-type: none"> • Germs, viruses, and parasites can live on your hands even if they look clean • It is easy to spread the germs when other people touch your hands • When a person near you is sick, it is very easy for you to get sick • When you touch a sick animal, it is easy for you to get sick 	
<p>4. WHEN SHOULD YOU WASH YOUR HANDS?</p>	<p>After touching:</p> <ul style="list-style-type: none"> • Raw food • Cooked food • Dirty water • Animals • Babies • Friends • Using the bathroom • Cell phones • Cleaning cloths <p>Before touching:</p> <ul style="list-style-type: none"> • Raw food • Cooked food • Babies 	
<p>5. WHAT DISEASES CAN YOU GET IF YOU OR OTHERS DON'T WASH THEIR HANDS?</p>	<ul style="list-style-type: none"> • Cholera • Typhoid • Infectious Diarrhea • Colds • Fever • Flu • Strep Throat • Giardia • Worms • Rashes 	

HOW DO YOU WASH YOUR HANDS?

6. HOW DO YOU WASH YOUR HANDS?

- Wet hands with running water. Warm water is best. Use a tippie tap or pour water from a container over your hands.
- The water should not be a stagnant bowl or bucket of water that you dip your hands into.
- Use soap – even a small bit of soap is important.
- Rub hands vigorously for 20 seconds.
- Sing a song while you are rubbing your hands all over!
- Wash all surfaces including:
 - Backs of hands
 - Wrists
 - Between fingers
 - Tips of fingers
 - Thumbs under fingernails—
nailbrush is best
- Rinse.
 - Keep fingers pointing down
- Dry vigorously a clean cloth towel.
- Help others wash their hands.



WHAT ELSE CAN YOU DO TO STAY HEALTHY?

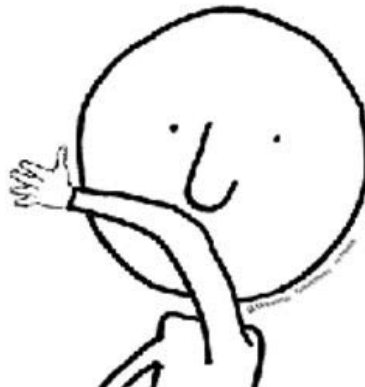
7. KEEP NAILS SHORT

- Scabies and lice are easily spread by scratching
- Keeping nails short helps stop the spread of scabies and lice
- Scabies and lice cause itching and sores
- Bathe frequently, wash your clothes, wash your hands



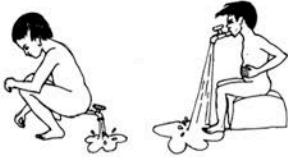
7. COVER YOUR COUGH

- Cough or sneeze into your sleeve
- If you cough or sneeze into a cloth, wash it each day
- Wash your hands right away if you cough or sneeze into your hands
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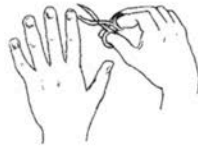




**DIRTY HANDS MAKE YOU
AND YOUR FAMILY SICK**



**USE CLEAN WATER AND SOAP TO WASH YOUR HANDS AND
BATHE. KEEP NAILS SHORT.**



WASH YOUR HANDS BEFORE



WASH YOUR HANDS AFTER



KEEP NAILS SHORT

WASH HANDS CORRECTLY!

USE running water and soap
RUB for 30 seconds
RINSE
DRY with a clean cloth

COVER YOUR COUGH!

Cough or sneeze into your elbow



PRESENTER POINTS:

PRESENTATION IDEAS

- Use poster and follow presentation
- Use a bottle with clean water and soap to demonstrate running water when washing hands

GROUP PROJECT IDEAS

- Wash hands with clean water
- Make a tippy tap for a bottle
- Teach Cover Your Cough
- Show your patients how to file their nails

Play the Glitter Handshake Game

- Demonstrate how germs are passed from one person to another by playing a game called glitter handshake.
- Line up students and sprinkle a generous amount of glitter onto one student's hand.
- Ask the student to shake hands with the second person, who will shake hands with the third person and so on, until everyone has shaken hands.
- Have the students look at their hands and ask them whether they notice anything sparkly.
- Depending on the size of the class, most students, even those at the end of the row, will have some glitter on their hand.
- Explain to the class that germs are spread the same way.
- When a person sneezes or coughs, he should immediately wash his hands to limit the spread of germs to other members of their family.

Sing a Song

- Remind students that merely rinsing hands with water isn't enough to rid them of germs. Encourage students to use soap and warm water, and to rub their hands under the water for 15 to 20 seconds. Practice this with your students and demonstrate that 15 to 20 seconds is long enough to sing the alphabet or "Happy Birthday" twice.

Read more: http://www.ehow.com/list_6925433_handwashing-games-kids.html#ixzz2kDVKwADn

GIVE - AWAY IDEAS

FOR PATIENTS:

- Soap
- Tippiie Taps

FOR COMMUNITY:

- Poster
- Teaching tools used in class

BACKGROUND RESEARCH FOR PRESENTER:

More than 4000 children die every day from dirty water and water-borne diseases

Please download a free manual on clean water using this link:

http://en.hesperian.org/hhg/A_Community_Guide_to_Environmental_Health:Raise_Community_Awareness#Clear_water_might_not_be_clean_water

Other helpful links:

WHO: http://www.who.int/household_water/advocacy/combating_disease/en/index.html

SODIS: http://www.sodis.ch/index_EN

Cleanliness: http://en.hesperian.org/hhg/Where_Women_Have_No_Doctor:Cleanliness#Clean_Water