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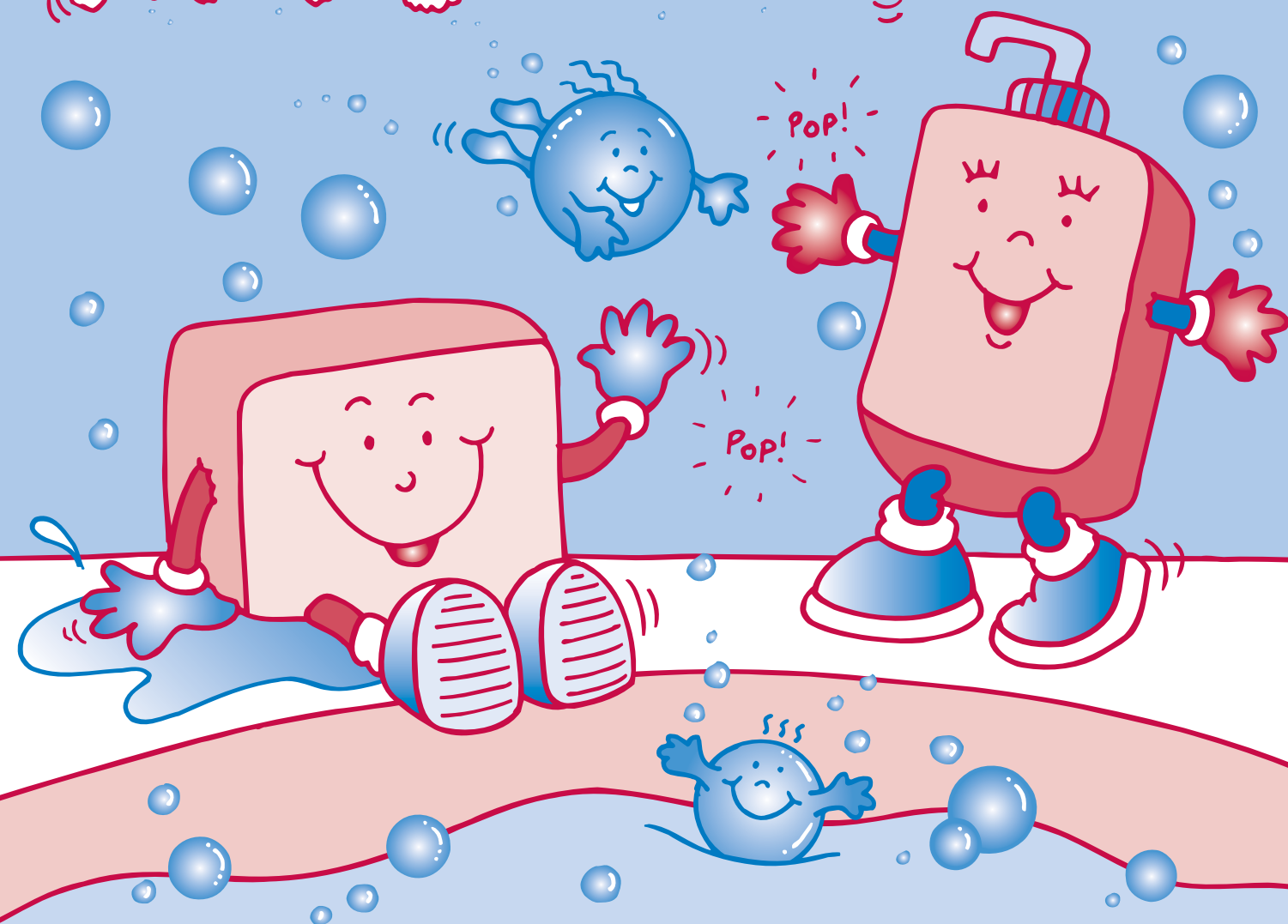
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HOORAY FOR HANDWASHING!



Teachers Guide

A handwashing and cleanliness programme for Infant Groups

Material Comprises:

- A story booklet
- Teachers Guide with Health and Hygiene Information and Teaching Activity Ideas
- Posters
- Stickers

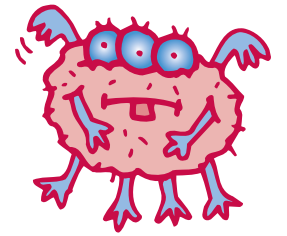


Dear Teacher

As any infant teacher knows, the spread of infectious diseases is no fun. One sick child can soon turn into several sick children. Mums, Dads and teachers get sick too, losing valuable work time. Is there a solution to keeping our children healthier? Medical experts agree there are several simple practices, such as handwashing and surface cleaning that has a dramatic effect on reducing childhood illness. This Handwashing programme for 4-7 year olds is a fun, easy way to teach children good health habits. The programme comprises background information on health and hygiene, a story, posters and poems for the children and, starting on page eleven, creative teaching activities to share with the children. We hope you will find this programme helpful for teaching your young pupils good handwashing and cleanliness habits.



What you need to know about infectious diseases



"My child wasn't as sick before she began at nursery school!"

No doubt this is familiar refrain to all of you. Reducing the spread of infectious diseases is a major challenge for any early childhood programme. In early childhood settings, young children come into contact with many new germs for the first time. Because their immune systems have not fully developed, risk of becoming ill is increased as they are exposed to these new germs through other children and staff. Germs are too small to be seen by the naked eye. They can enter our bodies through the mouth, nose and breaks in the skin without us even knowing we have been infected. Just a few germs on hands, tables or toys may be enough to spread the following common diseases.

Infectious Diseases

Colds, sore throats and flu:

These respiratory diseases can be spread through coughs and sneezes, or by touching tissues, surfaces or objects that have recently been touched by an infected person. Once on the hands, these germs enter the body by touching the mouth, nose or eyes.

Diarrhoea and vomiting:

These gastrointestinal diseases are easily spread through children's everyday hand-to-mouth activities or by carers coming into direct contact with the germ via stools or vomit. The germs enter the intestinal tract where they multiply and diarrhoea or vomiting may result.

Impetigo: a skin infection; **ringworm,** a skin or scalp infection; **conjunctivitis:** an eye infection are all spread by touching the infected area. Washcloths or towels contaminated with eye discharge from conjunctivitis spread germs if shared with others. Scalp infections can spread from child to child when hats, wigs, combs and brushes are shared or if stored touching one another.

The Good News: the spread of most of these diseases can be greatly reduced by good personal hygiene, especially handwashing and special attention to surface cleaning.



GermS ... how they spread

Hands are a common cause of the spread of germs. Because they are constantly touching things, they pick up germs as well as spreading them.

Remember, simple everyday activities in early childhood settings can spread germs if precautions are not taken.

Direct contact happens most often by touching an infected person. It also happens when someone sneezes or coughs on you. Consider these common scenarios:

- You help a child to blow his/her nose and then immediately comfort a crying child. By not washing your hands first, you may pass along the first child's germs.
- You help a child with toileting. The child has diarrhoea. Until you wash your hands you can spread the germs to other children and are even at risk of infecting yourself.

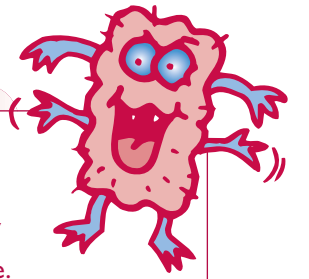
Indirect contact happens when one person touches an object, which has been contaminated by another person's germs. Germs are spread by objects that people put in their mouths.

- One child puts a crayon in his mouth then puts it down. The next child who picks up that crayon picks up those unwanted germs.
- A child who sucks his thumb not only spreads germs, but picks up other children's germs.
- By sharing drinking glasses or eating utensils, children also share their germs.
- A child sneezes or coughs on a toy or table. Anyone who touches the table or toys while the germs are still alive can pick up those germs. Germs can live on dry and moist surfaces for varying amounts of time.

Health Alert

While the common practice is to teach children to cover their mouths when they cough or sneeze, it is a lot to expect little children to wash their hands every time.

Instead, since children are less likely to touch each others shoulders than to touch each others hands, teach them to cough onto their shoulder. The child simply needs to turn their head and cough into the upper arm/shoulder area. But stress that he/she must not turn and cough onto a neighbour. The idea is to 'give their cough the shoulder'.



Common questions about the spread of infectious diseases

Q If I don't allow anyone who is coughing or sneezing into the classroom, will this help control the spread of infectious diseases in my group?

A It's not that simple. Many infectious diseases are contagious before the first symptoms appear. Also, some people can be carriers of germs and not actually be sick themselves. Whenever you take care to wash your hands and clean surfaces, you are helping to protect yourself and the children.

Q Are all children at equal risk of becoming ill?

A Children who are undernourished, under stress, are sick or lack sleep are more vulnerable to disease. Generally, healthy, properly fed children are more resistant to disease.

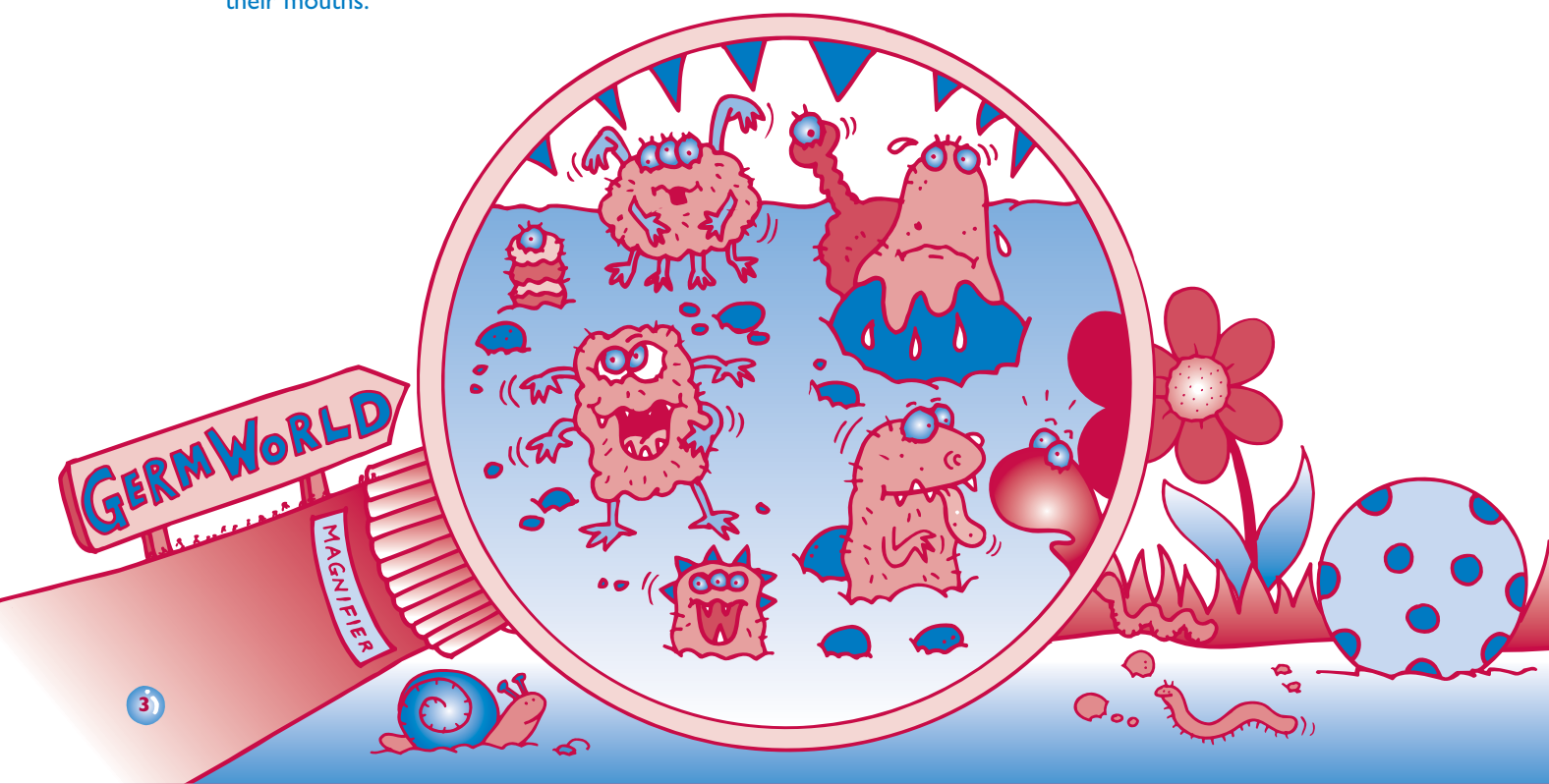
Q What can staff do to promote good health?

A A number of things can be done:

- Stress the importance of hand washing.
- Take a few extra minutes to both clean and disinfect surfaces.
- Encourage everyone to cover coughs and sneezes.
- Dispose of used tissues properly.
- Open windows to let in fresh air.

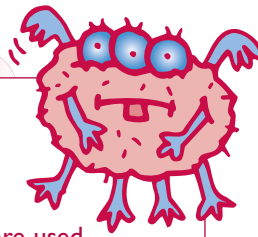
Q Can diarrhoea be spread among the group if the children share the same toilet area?

A Yes, if precautions are not taken. When a child has diarrhoea, he/she should use a separate toilet from other children if possible. Good handwashing by all staff and children is crucial in this situation.



Health Alert

If using cloth towels in an early childhood setting, ensure that they are thoroughly washed regularly in order to avoid the spread of germs the next time the towels are used.



What you need to know ... about handwashing

Handwashing...the facts

Handwashing is considered by many health experts to be the single most important way to reduce the spread of infectious diseases in early childhood settings!

Hands are the most common way to spread or pick up germs. Therefore, it is important for everyone in schools - teachers, staff, children and parents to learn the proper way to wash their hands.

Handwashing...how?

Children can be taught to wash their hands properly at a very young age. By helping children develop habits of handwashing and cleanliness you can help decrease their chances of becoming ill and help them stay healthier throughout their lives.

The four steps of handwashing

1. Wet your hands with warm running water.
2. Add soap and rub your hands together to make a soapy lather. Do this away from running water so you don't wash the water away. Make sure to wash the front and back of your hands, between fingers and under nails. Continue washing for 10-15 seconds.
3. Rinse your hands well under warm running water. Let water run back into the sink, not down your elbows.
4. Dry your hands thoroughly with a clean paper towel.



Handwashing ... when?

Each time hands are washed properly the potential for spreading germs is greatly reduced. Explain to the children that germs can be on their hands, even when their hands do not look dirty.

There are key times when it is most important for everyone to wash their hands:

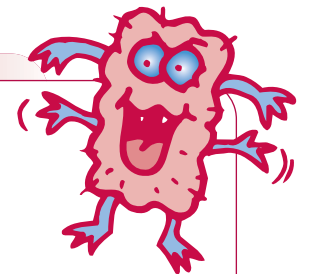
- before eating
- after going to the toilet
- after playing outdoors
- after playing with pets
- after coughing or sneezing into hands or a tissue

In addition to the above times, adults also need to wash their hands:

- before preparing or serving food
- after caring for a sick child
- after changing a nappy on a child or clearing up a mess
- after helping a child with toileting
- after cleaning up spills
- after other cleaning activities

Health Alert

Children should go to the eating table immediately after washing their hands. Do not let them sit on the floor in a circle activity or play with toys again. If they do, those once-clean hands are likely to pick up new germs.



Common questions about handwashing

Q Can I fill a sink or large pan with water and have several children wash their hands in the same water.

A No, hands must be washed under running water to ensure germs are washed away. By sharing water you might also be sharing germs. Be careful not to scald hands under hot water.

Q Why is it important to rub hands together?

A The rubbing motion helps pull any dirt, grease and oil free from your skin so germs can be washed away. The soap "collects" the dirt, and warm running water washes away the "collected" dirt that trap germs.

What you need to know ... about maintaining a clean environment



Surface cleaning...the facts

Keeping surfaces clean and germ-free is a major challenge in any early childhood setting. A child coughs, covers her mouth with her hand and then picks up a toy, pencil or a book. Another child blows his nose and leaves the tissue on the table. Still another child uses the bathroom and forgets to wash his hands. On the way out he touches the doorknob then immediately picks up a crayon or other communal item. An environment for the spread of germs has been created.

Since some germs can live on dry and moist surfaces for several days, any child or adult who touches those surfaces is at risk of getting sick.

Surface cleaning...which products?

Frequent cleaning is important to reduce the spread of germs. Developing a regular cleaning routine and choosing the proper cleaning products can help reduce the spread of infectious diseases. There are a variety of products to help keep your room clean and healthy. These products have been designed with specific cleaning tasks in mind. The type of product will always be identified on the label.



Disinfectants are the only cleaning products that kill germs. "Disinfectant" on the label means that the product has met certain specifications for effectiveness. You must follow the product label instructions exactly for the disinfectant to kill germs.

Disinfectants can be effectively used in childcare settings:

- Disinfectant cleaners contain ingredients that help remove dirt as well as kill germs.
- Bleach disinfects when used properly. Always read and follow the instructions on the label carefully.
- Disinfectants kill germs, but only if the surfaces are free from visible stains. Clean the surface then disinfect by following label instructions.

Multipurpose cleaners should be used for everyday spills and stains.

Glass cleaners have been developed to loosen and dissolve stains found on glass.

Bathroom cleaners should be used as sink, tile and bath cleaners. Many of these products disinfect as well as clean.

Toilet bowl cleaners should be used to clean the inside of the toilet bowl only. Many of these products disinfect as well as clean.

Common questions about surface cleaning

Q Isn't a well cleaned surface free from germs? Why do I have to use a disinfectant too?

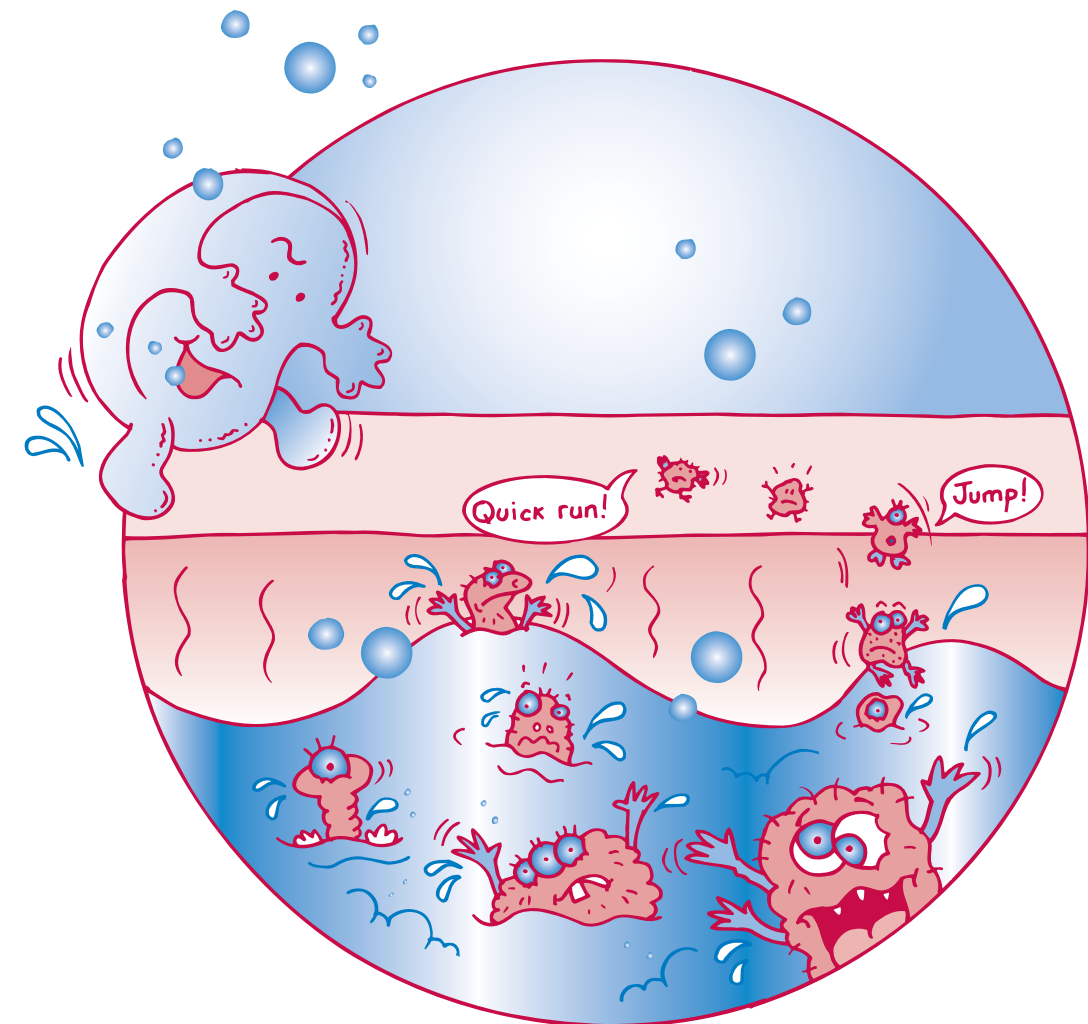
A Proper cleaning and drying remove most of the germs and usually make a surface safe; however, in group settings "most" and "usually" are not enough. Proper cleaning followed by proper use of a disinfectant or a disinfectant cleaner are much safer.

Q Is it safe to allow children to help with the cleaning?

A Allow children to help only when using a multi-purpose cleaner and then only with proper adult supervision. Do not allow children to use disinfectants, disinfectant cleaners, bleach or any other product that carry a warning on the label "Keep out of reach of children"

Q Do I need to wipe off a surface after disinfecting?

A No, rinse the surface then allow it to air dry. After the surface is thoroughly dry no active residue remains.



The Cleaning Cupboard

A well-planned cleaning cupboard is essential for early childhood settings. It should include all the necessary products to keep your surroundings clean (be it at home or school) but it must be safely out of reach of little hands.

Safety First

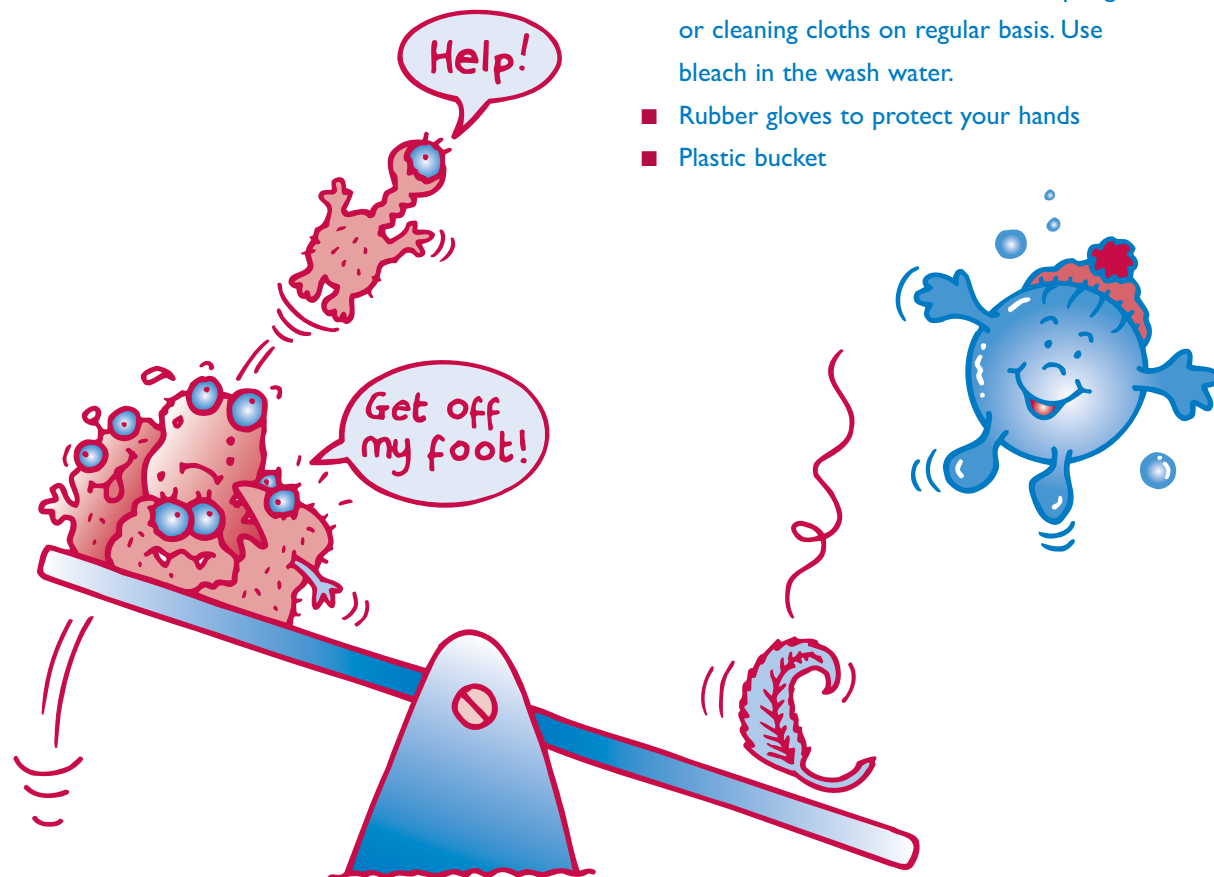
- Store cleaning products in locked cupboards away from food products and in an area not accessible to young children.
- Do routine cleaning requiring disinfectant cleaners, chlorine bleach or disinfectant when children are not in the room.
- Always store products in their original containers and never remove the original labels. Since label introductions and precautions for products differ according to their ingredients, it is dangerous to misuse a product or follow the wrong emergency treatment instructions.

- Never mix different cleaning products together because hazardous gases can be released.
- Dispose of empty cleaning containers carefully:
 - Use up all the product
 - Follow the label instructions for disposal of disinfectants
 - Replace the cap on the container to protect children, pets and refuse collectors against possible injuries
 - Discard the container in a bin with a secure lid.

Clean up helpers

In addition to your cleaning products, the following items will make your cleaning easier:

- Paper towels or other disposable wipes are best. If you use sponges or cleaning cloths, rinse in clean water and let them dry thoroughly between uses. Remember germs thrive on moist surfaces! Launder sponges or cleaning cloths on regular basis. Use bleach in the wash water.
- Rubber gloves to protect your hands
- Plastic bucket



What's on a label

There is valuable information in the labels of cleaning and disinfecting products. Knowing what is there helps cleaning easier, more effective and safer.



1. Product Name
2. Product type (multipurpose cleaner, disinfectant, glass cleaner etc)
3. Ingredients (may be on the front or the back)
4. Warning or danger statement where applicable
5. Net weight or volume
6. Directions for use... how to use... how much to use... what surfaces to use it on... what surfaces it is not safe to use it on.
7. Precautionary statements and emergency treatment information.
8. Storage and disposal information.
9. Manufacturer's name and address.

Teaching activities
and ideas

Begin your activities with a discussion on the importance of handwashing and ask how many children wash their hands, and when!

Tell them when they should wash their hands, and why! (to get clean, to feel good, to get rid of germs).

Together discuss what germs are and explain that they are everywhere.

The following poem will give them the idea...

Germs
*(which are sometimes called bacteria),
can do quite nasty things to your interior.*

*They cause colds, they cause flu,
they make you sick and run to the loo.*

*If you've got germs on your hands,
then touch your face or a graze,
you could sadly feel poorly for days.*

*It doesn't matter if your hands look
clean
'cos the thing about germs is
they cannot be seen.*

*There are germs in the toilet,
germs are on pets
germs are in tissues,
and even the toys that everyone gets.*

*The best thing to do is scrub them away -
especially before you have any grub.
So if you want to be healthy
and keep illness at bay,
get water, get soap -*



Activity One

"Read aloud story"

Read the story of Hooray for Handwashing. The story teaches the children when and why they should wash their hands.

Before reading the story... Ask the children if they have washed their hands today. When? Why did they wash their hands?

When reading the story... Emphasise how the more you scrub, the more bubbles are produced, and that it really can be fun.

Note: Teach children the safety of turning on the cold water first then the hot water to help guard against possible burns.

After reading the story... Ask what activities the children in the book had been doing before they washed their hands. Relate this to why the children should wash their hands.

Ask the children to name a favourite activity at home or at school. Do they need to wash their hands before or after that activity? If so, why?

Activity Two

"Rub-a-dub"

The Rub-a-dub poem teaches handwashing in a fun and memorable way. Teach it with hand motions for even greater involvement. Very young children can just join in the actions and the rub-a-dub parts.

Note: Most of the actions for this poem are obvious! But try adding a spinning motion for the middle verse when the soapstorm spins down the drain, and suggest the children pull "monster" faces in the last verse when talking about germs hanging around.



RUB-A-DUB

*It's fun to rub, It's fun to scrub
It's fun to rub-a-dub while we scrub
First you turn the taps on
Make sure the water's warm
Put the soap between your hands
And make a soapy storm
Scrub a dub each hand
Each finger, thumb and wrist
Scrub a dub all over
So not a spot is missed*

*It's fun to rub, It's fun to scrub
It's fun to rub-a-dub while we scrub
Hold your hands beneath the water
Like leaves beneath the rain
Until you see the soapstorm
Spinning down the drain
Now take a paper towel
And dry both of your hands
Dry the left and dry the right
And now you understand*

*It's fun to rub, It's fun to scrub
It's fun to rub-a-dub while we scrub
Even when you think you're clean
Germs are still around
So tiny you can't see them
on people, on the ground
So wash before you eat
After every bathroom trip
And after playing outside
So those germs can't make you sick!
It's fun to rub, It's fun to scrub
It's fun to rub-a-dub while we scrub*

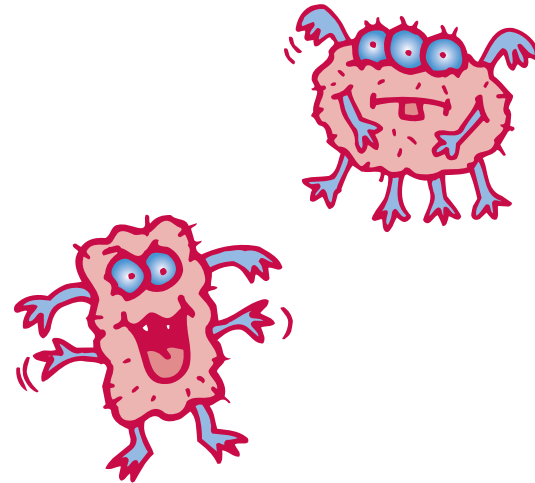
Activity Three

"Slippery Palms"

A good way to show why it is important to use warm water; soap and a scrubbing motion is the "Petroleum Jelly Experiment"

Group sizes: 3 to 4 at a time
Location: at handwashing sink
Materials needed: a large jar of petroleum jelly soap
roll of paper towels

1. Put petroleum jelly on hands.
2. Try to wash it off. Ask the children if they think the petroleum jelly will wash off at each of the following times:
 - Hold the hands under cold water (the water just runs off the hands)
 - Hold the hands under warm water (only a little petroleum jelly removed)
 - Add soap and warm water and just hold the hands under the water (a little more of the petroleum jelly is removed)
 - Finally, add soap, warm water and rub (see how quickly all the petroleum jelly washes away!)



Activity Four

"Coughs and Sneezes!"

Use a spray bottle filled with clean water. Spray some water on the children's hands. Then say: "The water from the spray bottle is like germs that come out of our mouths when we cough or sneeze."

Now have the children touch a table or other surface with their sprayed hand. Ask them what happened to the surface they touched (it became damp).

The same thing happens if we cough onto our hands and touch the table (the germs on our hands get on the table).

Discuss what might happen if one of their friends touches the table while it is moist (they might pick up the germs and get sick).



Activity Five

"Look at Me"

Read aloud the "Look at Me" poem. Ask the children how they feel when they have sticky hands? Do they feel different after they have washed their hands? Do the same for brushing teeth, combing hair, etc.



*Look at Me, Look at Me
I'm as clean as I can be,
I clean myself each time I should,
When I'm clean I feel so good.*

*Look at Me, Look at Me
My hands are as clean as they can be
I wash my hands each time I should
Washing makes me feel so good*

*Look at Me, Look at Me
My teeth are as clean as they can be
I brush them every time I should
Clean teeth make me feel so good*

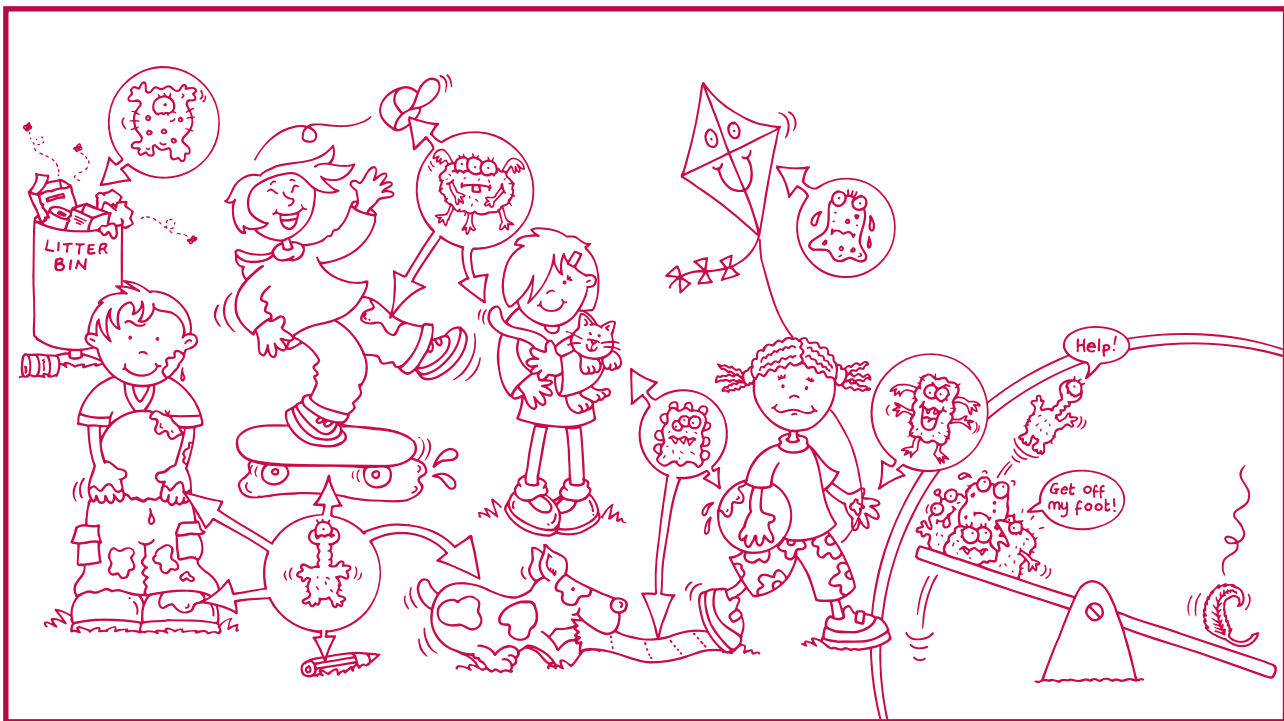
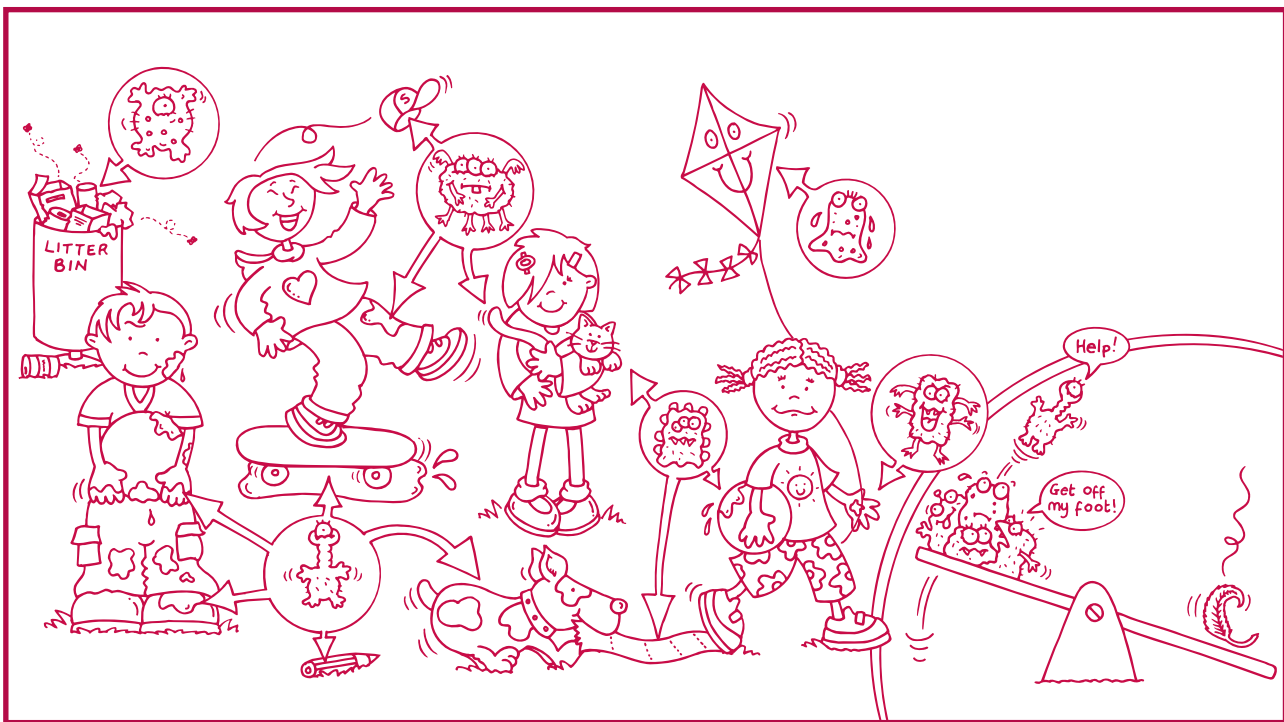
*Look at Me, Look at Me
I'm as clean as I can be
I take a bath each time I should
Bathing makes me feel so good*

*Look at Me, Look at Me
I'm as clean as I can be
I wash myself each time I should
When I'm clean I feel so good!*

Activity Six

Spot the Difference

Photocopy this page and ask the children to spot the difference between the two pictures.
There are 10 differences to spot.



Activity Seven

Questions

Ask the children to write down all the words containing 3 letters or more that they can find in the words 'Hooray for Handwashing' without using plurals. Perhaps you could have a competition.

A selection of possible answers are listed below:

Afar	Fair	Hairy	Rhino	Sorry
Ago	Fairy	Hand	Rid	Sow
Agony	Fan	Handing	Ring	Sowing
Air	Fang	Handy	Roar	Soya
Airing	Far	Hang	Roaring	Swan
And	Fawn	Hard	Rod	Sway
Angora	Fig	Hardy	Roof	Swaying
Any	Fin	Has	Roofing	Swing
Arid	Fish	Hash	Row	Sword
Ash	Fishy	Hay	Rowing	Wag
Award	Fog	High	Rowdy	Wagon
Awarding	Fond	Hog	Sad	Wand
Awash	Food	Hood	Sag	War
Away	For	Hoof	Said	Warn
Awning	Foray	Horn	Sand	Warning
Awry	Ford	Hooray	Sandy	Was
Dash	Fray	How	Sang	Wash
Dashing	Fraying	Hydra	Saw	Washing
Day	Frog	Hydro	Sawing	Way
Diary	Frown	Indoor	Say	Why
Dig	Frowning	Infra	Saying	Wig
Din	Fry	Iron	Shadow	Win
Ding	Frying	Irony	Shadowy	Wind
Dingy	Gain	Nag	Shin	Windy
Dish	Gas	Nigh	Shorn	Wing
Disown	Gash	Nod	Shy	Wish
Dog	Gay	Now	Sigh	Won
Door	Good	Own	Sign	Wood
Down	Gown	Owning	Sing	Woody
Drag	Grain	Radar	Snag	Word
Draw	Grand	Radio	Snow	Wordy
Drawing	Granny	Rag	Snowing	Worry
Drawn	Grid	Rain	Snowy	Worn
Drown	Grin	Rainy	Soda	Wring
Drowning	Grind	Ran	Sofa	Wrong
Dry	Groan	Rang	Son	Yard
Drying	Grown	Rash	Song	Yarn
Fad	Had	Raw	Soon	Yawn
Fading	Hair	Ray	Sorrow	Yoga

Activity Eight

Photocopy the word search and hand out to the children to complete.

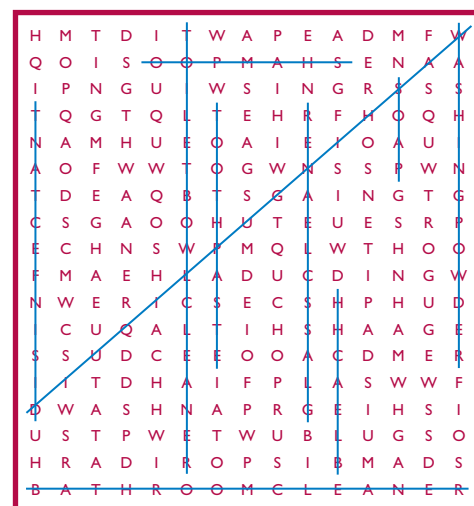
Can you find the hidden words. They may be horizontal, vertical or diagonal and could be spelt forwards or backwards. They are all items that you can use to make things clean.



BATHROOM CLEANER
BLEACH
DISINFECTANT
GLASS CLEANER
SHAMPOO
SOAP
TOILET BOWL CLEANER
TOOTHPASTE
WASHING POWDER
WASHING UP LIQUID



Solution (Remember to cover before photocopying)



Activity Nine

The following page can be photocopied and given to the children to colour in. You could display them around the classroom, or they could take their copy home to use as a reminder to always follow the advice. Perhaps they could try drawing their own pictures of the characters.

