

# GLO GERM – GRADE 4

## Hand Washing Lessons

*Educational Innovations, Inc., Norwalk, CT*



Westminster College

### **OBJECTIVE**

Discuss how daily practices can affect one's appearance, health, and acceptance by others.

#### **General Principles:**

- Germs are so small that you cannot see them and they are found almost everywhere.
- There are many types of germs (bacteria and viruses).
- Bacteria and viruses can cause illnesses and diseases such as colds, influenza, pneumonia, Hepatitis A, and Shigellosis.

#### **How to Wash Your Hands:**

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for at least 10 to 20 seconds.
- Pay special attention to the cuticles and underneath the fingernails.
- Rinse thoroughly and dry with paper towel or hand dryer.

#### **When to Wash Your Hands:**

- After using the toilet.
- After playing with animals, handling money and coughing, sneezing, or blowing your nose.
- Before preparing, touching or eating food.

#### **Importance of Hand Washing:**

- Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.
- Germs can be spread 4 ways: fecal-oral contact (ie-hepatitis A and Shigellosis), direct/close contact (ie-lice), blood contact (ie-HIV/AIDS and hepatitis B) and respirator/airborne contact (ie-influenza and colds).
- For a more thorough explanation on how germs are spread please refer to the hand washing fact sheet.

#### **Miscellaneous Information:**

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity sheet for the children to complete.

**Answers to Activity:**

1. Germs
2. Virus
3. Hands
4. Water
5. Soap
6. Disease
7. Bacteria
8. Healthy

# HAND WASHING WORD SCRAMBLE

Unscramble the words below. Try not to use the hints.

	<i>Hint:</i>	<i>Answer:</i>
M G S E R	<i>These are what make you sick.</i>	_____
S V U R I	<i>This is one type of germ.</i>	_____
D S N H A	<i>What you should always wash.</i>	_____
T R W A E	<i>What you wash your hands with.</i>	_____
S A P O	<i>This helps to eliminate germs.</i>	_____
S E A I D S E	<i>What germs can cause.</i>	_____
C I B A E A T R	<i>This is another type of germ.</i>	_____
T L E H A H Y	<i>Washing your hands can keep you _____!</i>	_____



Glo Germ Company

Name \_\_\_\_\_

I pledge to wash my hands regularly

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