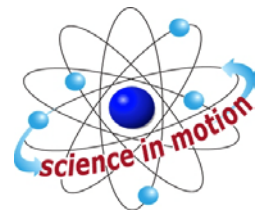


GLO GERM – GRADE 5

Hand Washing Lessons

Educational Innovations, Inc., Norwalk, CT



Westminster College

OBJECTIVE

List several common childhood communicable diseases and methods of prevention.

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: upper and lower respiratory tract infections, influenza, pneumonia, Hepatitis A & B, and Shigellosis.
- Washing your hands is the best prevention against these illnesses and diseases!

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:

Across

1. Hepatitis, 3. Vigorously, 5. Soap, 6. Toilet, 7. Fingernails

Down

1. Hand washing, 2. Warm, 3. Virus, 4. Bacteria, 6. Twenty

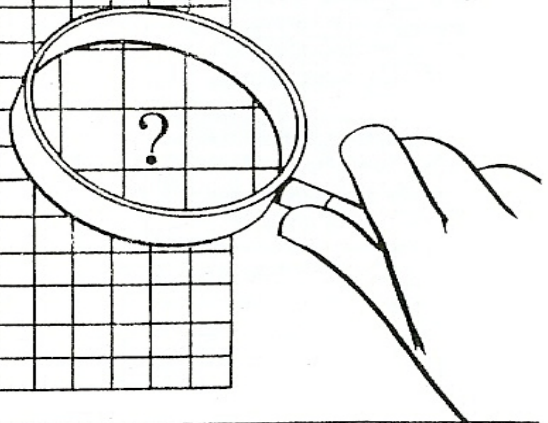
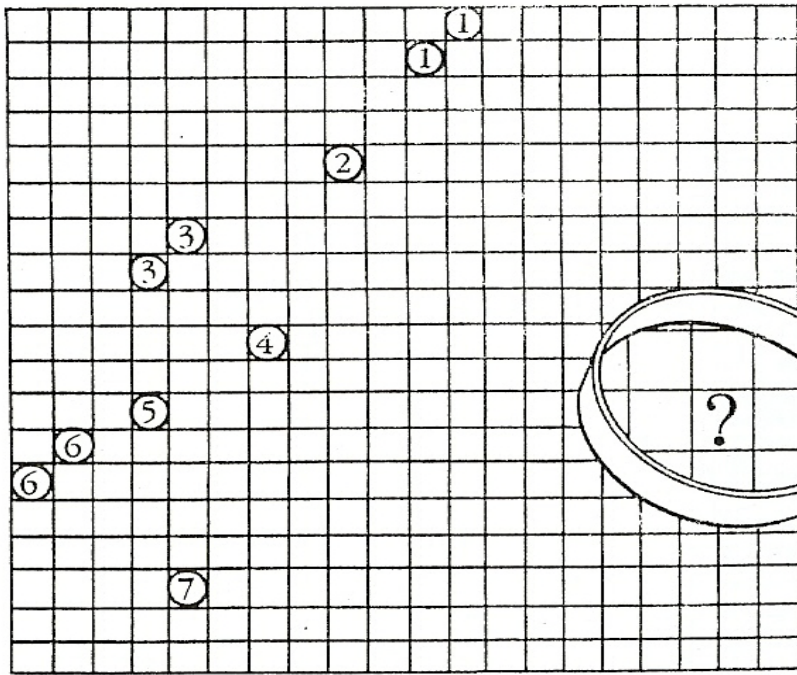
Hand Washing Crossword Puzzle

Across

1. _____ is caused by a virus and can be spread by not washing your hands after using the bathroom.
3. When washing hands rub hands together _____.
5. When washing your hands make sure to use a lot of _____.
6. The most important time to wash your hands is after using the _____.
7. The most important part of your hands to wash is under the _____.

Down

1. The best prevention against disease is _____.
2. When washing hands use _____ ^(Two words) water.
3. The germ that causes hepatitis A is a _____.
4. The germ that causes Shigella is a _____.
6. When washing hands rub together for _____ seconds.



Name _____
 I pledge to wash my hands regularly

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