

# HANDWASHING LESSON PLAN



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# Hand Washing Lesson Plan

## Overview

- Asking pupils to consider why handwashing is important.
- To look at ways we use our hands and how germs (bacteria, viruses & fungi) are picked up and passed on.
- To explain what germs (bacteria, viruses & fungi) are and how they are spread.
- To explain the importance of hand washing.
- Why teach handwashing?
- To highlight when to wash our hands.
- To explain how to wash your hands correctly.

## Resources

- Stickers - for dispenser and 'Well done, I washed my hands' for the children.
- Participation story - 'Edward and Emilys Tea Party.'
- Experiments.
- Games.
- Puzzles.
- Colouring sheets.
- Numeracy.

## Aims

The aim of this lesson plan is to teach young children about the importance of handwashing, including how to wash their hands correctly and when to wash their hands.

# Germ (bacteria, viruses and fungi)

- Germs, (bacteria, viruses & fungi) are everywhere, there are more bacteria on someone's body than there are people in the U.K.
- Hands can pick up germs (bacteria, viruses & fungi), just by doing everyday things. We can't see them without using a microscope.

## Why teach handwashing

- Prevention is better than cure. By teaching the importance of handwashing in young children you are helping them to form good hand washing habits for their future.
- By addressing the subject of hand washing and the spread of illness in schools you are choosing to look after the health of everybody. Correct handwashing is inexpensive and is the most effective way to prevent the spread of infection.
- It is important that people of all ages should know when and how to wash their hands correctly, do not assume that everybody knows.
- On average 11.4 million children are absent from school due to illness every year, this figure could be dramatically reduced by simply washing our hands.
- It introduces children to the correct scientific terms for microorganisms.
- While there is some financial cost to teaching handwashing i.e. the cost of time and supplies, the cost of NOT washing our hands is far greater and much more unpleasant. Hand washing is a serious matter especially where health is concerned.
- School is all about sharing, pupils share desks, books, pens, pencils, bathrooms, door handles, computer keyboards & mice and touching them can result in germs (bacteria, viruses & fungi) being transferred from one person to another.
- Clean hands are all about staying healthy and keeping everybody around you healthy.

## Objectives

- To identify and discuss health practices associated with less illness and longer life expectancy.
- To discuss why cleanliness & good grooming help to keep us healthy.
- To discuss how daily health practices can affect your appearance, health and acceptance by others.

# What are bacteria, viruses and fungi?

**Bacteria:** These are single cell organisms. Millions of bacteria live almost everywhere on our bodies, most are friendly bacteria, but some can cause illness such as tummy ache and feeling sick.

**Viruses:** These are the smallest type of germ that is known to us and can cause infections such as coughs, colds, flu, measles and chicken pox. Viruses are even smaller than bacteria and need to live inside our cells to reproduce and spread infection.

**Fungi:** This includes mushrooms like the ones you can eat, moulds and yeasts. Some like mushrooms, are ok but some are parasites, which cause skin infection such as ringworm.

## About the germs: bacteria, viruses and fungi

So as not to scare children too much we have made friendly cartoon versions of the more common bacteria, viruses and fungi and given them nicknames but in reality this is what they can cause:

**Common Cold** (Colin Cold) & **Swine Flu** (Swine Flu Sid) - These are viruses and are passed from person to person by coughing and sneezing also from touching something that an infected person has touched.

**E-coli** (Edna Coli) & **Campylobacter** *cam-py-lo-bac-ter* (Carla Bacta) - These are bacteria found in tummies and are passed from person to person on dirty hands after going to the toilet, these bacteria cause tummy cramp, sickness, diarrhoea and fever.

**M.R.S.A.** (Mr SA) - This is a bacteria found on the skin and in noses. It causes infections in people who are very young (babies), very old or already poorly.

**Norovirus** *nor-o-vi-rus* also known as the winter vomiting virus (Nora Virus) - This is a very contagious virus and is passed from person to person on dirty hands after going to the toilet or touching something that an infected person has touched, this virus causes sickness and diarrhoea.

### Other germs found on hands

**Impetigo** *im-pi-tahy-goh* This is caused by bacteria found on the skin and can be spread from person to person by touch. It is highly contagious and is most common in children. It causes small fluid filled spots which burst and crust over.

**Ringworm** This is caused by fungus which results in skin infection and can be passed from person to person by touch or by sharing objects or by touching an infected cat or dog. It is highly contagious but not serious. It causes a ring like rash that can appear anywhere on the body and despite it's name it doesn't have anything to do with worms.

**Conjunctivitis** *con-junc-ti-vi-tis* This can be bacterial or viral. It is highly contagious and can be passed from person to person through touch or by touching something that an infected person has touched. It causes inflammation of the conjunctiva - the thin layer that lines the inside of the eyelid and covers the white part of the eye.

# When to wash hands

It is impossible to avoid collecting germs, viruses and bacteria in your daily life, but you can reduce the chance of infecting yourself and others by knowing when hands should be washed.

It is important to wash hands:

- After using the toilet
- Before and after eating
- After playing outside or gardening
- If your hands are visibly dirty

If you are suffering from a cough or a cold it will be necessary to wash your hands more often.

Even if your hands appear to be clean they may still carry germs capable of causing illness.

# How to wash hands

1. Wet hands under warm running water.
2. Apply liquid or foam hand soap to the palm of one hand.
3. Rub your hands together to make lots of bubbles then rub the bubbles all over your hands, wrists, in-between fingers and the tips of your fingers.
4. This should take at least 20 seconds (or the length of time to sing Happy Birthday twice).
5. Rinse your hands under warm running water to remove all the bubbles.
6. Dry well with a clean paper towel or hand dryer, make sure they are thoroughly dry.

# Did you know?

- Damp hands spread 1,000 times more germs than dry hands.
- When you cough germs can travel about 3 metres if you do not put your hand or a handkerchief over your nose or mouth.
- The highest recorded speed of a sneeze was 102 miles per hour.
- Bacteria double their number every 20 minutes.
- Almost one million bacteria can be created by one person in a school day.
- The number of germs on your fingertips doubles after you use the toilet.
- A third of people do not use soap when washing their hands.
- 95% of people do not wash their hands for long enough or dry them thoroughly.

# Further resources

Stickers for personalising your dispenser are available via your distributor or direct from Evans Vanodine.