



Wash Your Hands...Stay Healthy!

Hand Washing Lesson Plan Grade 6

Objective

- ◆ Identify and discuss health practices associated with less illness and longer life expectancy.
- ◆ Students will be able to describe ways in which germs are spread.

Lesson Time Frame

Approximately 30 minutes

General Principles

- ◆ Germs are so small that you cannot see them but they are found almost everywhere.
- ◆ There are many types of germs such as 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 disease!

How To Wash Your Hands

- ◆ Use warm, running water and soap
- ◆ Rub hands together for 20 seconds until soapy
- ◆ Pay special attention to clean underneath your fingernails
- ◆ Rinse thoroughly with running water
- ◆ Dry your hands with a dry, disposal paper towel or hand dryer.

When To Wash Your Hands

- ◆ After using the bathroom
- ◆ After coughing, sneezing or blowing your nose
- ◆ After touching or feeding animals
- ◆ After handling money
- ◆ Before preparing, eating or touching food or drink
- ◆ Before and after taking care of someone who is sick

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:
 - 1) Fecal-oral contact (hepatitis A and Shigellosis)
 - 2) Direct or close contact
 - 3) Blood contact (HIV/AIDS and hepatitis B),
 - 4) Respiratory/airborne contact (influenza and colds)
- ◆ For more information on hand washing and how germs are spread, log on to www.hcphe.org or www.cdc.gov.

Learning Activity

Provide disposable cameras for the students (or they can bring one of their own). Their “take home” assignment is to take pictures of people washing their hands or situations when people should wash their hands. Collect the cameras, develop the film, and select the “best” pictures to make a collage, classroom bulletin board or community calendar.

Assessment

- ◆ Students will be able to identify situations when hand washing is very important.
- ◆ Students will demonstrate correct hand washing technique.
- ◆ Students will correctly complete the secret code game activity sheet.

Additional Information

- ◆ The hand-washing message needs to be reinforced several times throughout the day, especially before lunch and after going to the bathroom. Teach by example!
- ◆ Make copies of the attached secret code game activity sheet for students to complete. Answers to the activity sheet are provided below.

Answers to Secret Code Game Activity

- | | |
|----------------|-----------------|
| 1. Virus | 5. Hand washing |
| 2. Twenty | 6. Bacteria |
| 3. Warm | 7. Bathroom |
| 4. Fingernails | 8. Coughing |



Secret Code Hand Washing Game



Actual Letter A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Secret Code Letter Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

Secret code letters are in parenthesis below. Match the code letters to the actual letters to spell a word relating to the topic of proper hygiene.

1. Type of germ that causes hepatitis A is a _____.
(E R I F H)
2. Wash your hands for at least _____ seconds.
(G D V M G B)
3. When washing your hands use _____ water.
(D Z I N)
4. During hand washing, don't forget to wash under your _____.
(U R N T V I M Z R O H)
5. The best prevention against infectious disease is _____.
(S Z M W D Z H S R M T)
6. The type of germ that causes Shigella is a _____.
(Y Z X G V I R Z)
7. It is important to wash your hands after using the _____.
(Y Z G S I L L N)
8. Always wash your hands after blowing your nose, sneezing and _____.
(X L F T S R M T)

Harris County

HCPHES

Public Health & Environmental Services