

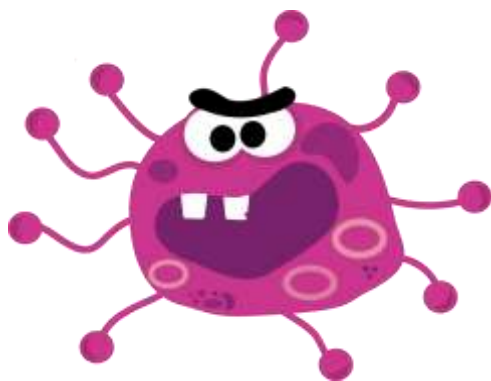


# Hand Washing

## October 2018

### Look inside for...

- Hand Washing: A Family Activity Keeping Kids & Adults Healthy
- Hand Washing:
  - Why is it important? (English/Spanish)
  - When should you wash your hands? (English/Spanish)
  - How should you wash your hands? (English/Spanish)
- Germs Are All Around You
- Glitter Germs Activity
- Recipe: Chocolate Chip Zucchini Muffins



For more information on  
how to lead a healthier  
lifestyle, visit our website  
[GetHealthyCT.org](http://GetHealthyCT.org)



# Handwashing: A Family Activity

## Keeping Kids & Adults Healthy



**Handwashing is an easy, inexpensive, and effective way to prevent the spread of germs and keep people healthy.**

For kids, washing hands can be a fun and entertaining activity. It is simple enough for even very young children to understand. Handwashing gives children and adults a chance to take an active role in their own health. Once kids learn how to properly wash their hands, they can—and often do—show their parents and siblings and encourage them to wash hands, too.

Parents can help keep their families healthy by:

- Teaching them good handwashing technique
- Reminding their kids to wash their hands
- Washing their own hands with their kids

### Improving Health

- Handwashing education in the community:
  - » Reduces the number of people who get sick with diarrhea by 31%
  - » Reduces diarrheal illness in people with weakened immune systems by 58%
  - » Reduces respiratory illnesses, like colds, in the general population by 21%

### Saving Time and Money

- Handwashing is one of the best ways to avoid getting sick and spreading illness to others.
- Reducing illness increases productivity due to:
  - » Less time spent at the doctor's office
  - » More time spent at work or school

### Helping Families Thrive

Children who have been taught handwashing at school bring that knowledge home to parents and siblings. This can help family members get sick less often and miss less work and school.

*Despite widespread knowledge of the importance of handwashing, there is still room for improvement. A recent study showed that only 31% of men and 65% of women washed their hands after using a public restroom.*

**For more details, visit [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing).**



Department of Health and Human Services  
Centers for Disease Control and Prevention

## Hand Washing: Why is it important?



- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others.
- Many diseases and conditions are spread by not washing hands with soap and clean, running water.
- If clean, running water is not accessible, as is common in many parts of the world, use soap and available water.
- If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

## When should you wash your hands?

- **Before, during, and after** preparing food
- **Before** eating food
- **Before and after** caring for someone who is sick
- **Before and after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage



## How should you wash your hands?

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

## What should you do if you don't have soap and clean, running water?



Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs and might not remove harmful chemicals.

**Hand sanitizers are not as effective when hands are visibly dirty or greasy.**

## How do you use hand sanitizers?

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>



## Por que es importante?

- Mantener las manos limpias a través de una mejor higiene de manos es uno de los pasos más importantes que podemos tomar para evitar enfermarse y propagar gérmenes a otros.
- Muchas enfermedades y afecciones se transmiten al no lavarse las manos con jabón y agua corriente limpia.
- Si el agua limpia y corriente no es accesible, como es común en muchas partes del mundo, use jabón y agua disponible.
- Si el jabón y el agua no están disponibles, use un desinfectante de manos a base de alcohol que contenga al menos 60% de alcohol para lavarse las manos

## ¿Cuándo debe lavarse las manos?

- Antes, durante y después de preparar la comida.
- Antes de comer.
- Antes y después de atender a alguien que esté enfermo.
- Antes y después de tratar una cortadura o herida.
- Después de ir al baño.
- Después de cambiarle los pañales a un niño o limpiarlo después de que haya ido al baño.
- Después de soplarse la nariz, toser o estornudar.
- Después de tocar animales, sus alimentos o sus excrementos.
- Después de manipular alimento o golosinas para mascotas.
- Después de tocar basura.

## ¿Cómo debe lavarse las manos?

- Mójese las manos con agua corriente limpia (tibia o fría) y enjabónese las después de cerrar el grifo.
- Frótese las manos con el jabón hasta hacer espuma. Asegúrese de enjabonarse con la espuma las manos enteras: el dorso, entre los dedos y debajo de las uñas.
- Restriéguese las manos durante al menos 20 segundos. ¿Necesita un reloj? Tararee dos veces la canción del "Feliz cumpleaños" de principio a fin.
- Enjuáguese bien las manos con agua corriente limpia.
- Séquese las manos con una toalla limpia o al aire libre.

## ¿Qué debe hacer si no tiene jabón ni agua corriente limpia?



En la mayoría de las situaciones, lavarse las manos con agua y jabón es la mejor forma de reducir la cantidad de microbios que tienen. Si no cuenta con agua ni con jabón, use un desinfectante de manos a base de alcohol que contenga, al menos, un 60 % de alcohol.

En algunos casos, los desinfectantes de manos a base de alcohol pueden reducir rápidamente la cantidad de microbios que se encuentran en las manos, pero **no** eliminan todos los tipos de microbios.

**Los desinfectantes de manos no son tan eficaces cuando las manos están visiblemente sucias o grasosas.**

## ¿Cómo usar los desinfectantes de manos?

- Aplíquese el producto en la palma de una mano (lea la etiqueta para saber la cantidad correcta).
- Frótese las manos.
- Frótese el producto sobre todas las superficies de las manos y los dedos hasta que las manos estén secas.

Source: <https://www.cdc.gov/handwashing/when-how-handwashing.html>



# GERMS

are all around you.



Stay healthy.  
Wash your hands.

# Glitter germs

 [parenthub.com.au/kids/kids-health/glitter-germs](http://parenthub.com.au/kids/kids-health/glitter-germs)

March 4, 2014



## Age

2 – 8 years

## Duration of activity

About 10 minutes.

## Materials/equipment

- Glitter
- Soap, running water and hand washing facilities which are appropriate for your child's age

## Cost

You can pick up a tub of glitter for less than \$2 if you don't already have some at home. The hand washing products you should already have in your bathroom.

## Preparation

- Make sure you have hand washing facilities that are appropriate for the children's age.
- Remove any objects that you don't want to get glitter on. Like germs, glitter spreads



easily!

## What to do

---

- You can play this game with one child or a group of children.
- Put a small amount of glitter in each child's hands and tell them to rub their hands together so the glitter goes all over them. You could pour the glitter straight from the container, or spread it on a paper plate and let them place their hands lightly in it. If you use a plate, pour any excess glitter back in the container and discard the plate when you're finished.
- Tell them the glitter is germs that cause diseases like colds and diarrhoea.
- Instruct your child to touch different parts of their body (e.g. their face and hair), other children (if you are playing in a group) and different objects in the room.
- Talk to your child about how the glitter sticks to everything they touch. Tell them that germs are the same, once they get on your hands they then spread to everything you touch.
- Now tell your child that to remove germs from their hands, they need to wash them.
- Go to the sink and help your child wash their hands with only water. **DO NOT USE SOAP YET.**
- When they have finished, talk about how there is still a lot of glitter on their hands, and the reasons why (because water alone is not enough to get germs off the hands, we also need to use soap).
- Now help your child wash their hands with soap and water using the proper hand washing technique.
- Talk about how soap helps water wash the germs away and that's why it's important to use soap every time you wash your hands.

## Tips

---

- If you're playing this game with a group of children, give each child a different colour glitter. When they have all finished touching things, you'll be able to look at whose 'germs' spread to who.
- If you use different coloured germs you could tell each child they have a different type of germ, for example that green glitter is cold germs and red glitter diarrhoea germs. You could then talk about who caught the diseases when the germs spread, saying for example, 'Jane has green cold germs on her nose, she's caught a cold.' For older children you could use germ names like 'influenza' and 'salmonella'.
- Be aware that some kids might find the idea of having germs on their hands unappealing or downright scary. It's understandable because kids might associate germs with illness



and days spent in bed and away from playing and other things they love. Be sure to explain that the germs are only pretend and will not really cause sickness. However, if your child still seems hesitant or scared, use a pair of cut out paper hands instead- run a glue stick over them before pouring the glitter so that it sticks.

## Safety

---

- Supervise the children to make sure they don't try and eat the glitter.
- Always keep an eye on your children while they are in the bathroom.

## Educational outcomes

---

### **Awareness of health and wellbeing**

Understanding how healthy habits like hand washing are related to keeping the body healthy is an important part of childhood development. Because children learn using their senses, understanding that germs which can't be seen or smelt can cause disease can be a challenge. This game allows children to visualise germs and will help them understand the connections between hand washing and keeping themselves healthy.

### **Self care**

Children learn how to care for themselves as they grow up. Washing hands is an important self-care task that most children can do for themselves by about age four. But practice makes perfect and this game also provides plenty of opportunities for practicing hand washing.

Being able to care for one's own health, for example protect from infection by washing the hands, is also an important step in early childhood development. Young children depend on their parents a lot, but they take pride in being able to care for themselves. By about three years of age children can usually wash their hands independently. Before then, providing them opportunities to participate in self-care is an important way to encourage them to do it independently.

### **Communication skills**

As you talk to your child about how germs spread you'll be helping them develop the skills they'll need to communicate effectively. For example they will learn:

- The importance of listening to information.
- That they sometimes need to ask questions to get more information
- That people take it in turns to speak when they have a conversation.

### **Fine motor skills**

Using a slippery bar of soap to wash the hands also exercises the small muscles that move the fingers and helps your child develop their fine motor skills.

## Mathematical skills

Colour and quantity are key mathematical concepts which this game provides an opportunity for you to talk to your child about. For example if you get tell to choose which colour glitter they use you'll be teaching them to recognise colours. You can also talk to them about how much glitter spreads, and how much stays on their hands.

*More information about hand washing games and activities.*



## References

---

1. Columbus Public Health. Teaching hand washing to young children. 2012. (cited 14 September 2013). Available from: ([URL Link](#))
2. Virginia Early Childhood Development Alignment Program. Milestones of child development- A guide to young children's learning and development from birth to kindergarten. 2009. (cited 26 July 2013). Available from: ([URL Link](#))
3. National Childcare Accreditation Council Inc. Supporting children's hygiene skills. 2009. (cited 24 August 2013). Available from: ([URL Link](#))



## Chocolate Chip Zucchini Muffins

*Serves*

 12

*Cost/Serving*

 \$0.19

*Serving Size: 1 muffin*

### INGREDIENTS

- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons cinnamon
- 1/2 cup unsweetened applesauce
- 1/4 cup oil (canola, olive, or vegetable)
- 1/4 cup nonfat milk
- 1 banana, mashed
- 1/4 cup brown sugar

- 1 cup

zucchini, washed and shredded (about 1/2 large unpeeled zucchini)
- 1/4 cup

chocolate chips

INSTRUCTIONS

- 1

Preheat oven to 350°F. Lightly grease a muffin tin.
- 2

Whisk together flour, baking powder, baking soda, and cinnamon in a large mixing bowl.
- 3

Whisk together applesauce, oil, milk, banana, and sugar in a separate bowl.
- 4

Add wet ingredients to dry ingredients. Stir until just moistened.
- 5

Stir in the zucchini and chocolate chips.
- 6

Divide the mixture between 12 muffin tins. Bake until a tester (knife or toothpick) comes out clean (about 18 minutes).

TIPS

Individual serving applesauce cups contain 1/2 cup applesauce. Buying the small servings for this recipe may be a better option if you do not need a large container of applesauce.



Nutrition Facts	
12 servings per recipe	
Serving Size: 1 muffin	
Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrates 26g	9%
Dietary Fiber 3g	12%
Total Sugars 9g	
Added Sugars	NA*
Protein 3g	

Vitamin D 0.1mcg	<b>1%</b>
Calcium 70mg	<b>5%</b>
Iron 1.1mg	<b>6%</b>
Potassium 171mg	<b>4%</b>
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p> <p><b>NA*</b> - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.</p>	

---

[Additional Information](#)

[Policies](#)

[State & National Extension Partners](#)

[Contact Us](#)

Copyright © 2009–2018

Iowa State University of  
Science and Technology