

## Handwashing - 5K/1st Grade

**Prep:**

- Book “Germs Are Not For Sharing” by Elizabeth Verdick or “Those Mean Nasty Dirty Downright Disgusting but...Invisible Germs” by Judith Ann Rice provided to teacher to read the day before Nurse visit to the classroom, or even better have the teacher show a video of School Nurse reading it and at the end, the Nurse tells the children she/he is looking forward to visiting their classroom to share more about staying strong and healthy!
- Teaching space with place for students to sit, ability to darken room, room with a door knob, and possibly a drinking fountain
- Hand-Washing Poster (from Amazon)
- Optional: Camera for photos
- Glo Germ powder or gel (from Amazon)
- Black light flashlight (from Amazon)
- Apple, water bottle, book
- Hand Sanitizer
- Follow-up memo for parents

**Objectives:** Students will demonstrate knowledge of germs and what they can do to the body, how they are spread, how to avoid or reduce health risks to themselves and others, and handwashing/use of sanitizing gel - when to do and how. It also will give the children an opportunity to interact with school nurse in a safe, familiar environment when they are not fearful, injured, or sick.

Topic	Tools/Method	Main Points	Follow-up/ Evaluation
How do you get sick? OR What makes you sick?	Discussion	Germs - yes, mean, nasty, dirty downright disgusting GERMS.	
Can you see germs?	1. Discussion	No, they are so small - you would need a _____ (Microscope) to see them. Just because you can't see them doesn't mean they aren't there.	

Topic	Tools	Main Points	Follow-up/ Evaluation
Let's see how germs are spread	Put Glo Germs on teacher's hands. Have the teacher high five another teacher, student or nurse, touch a doorknob, an apple, a pencil, a water bottle, the whiteboard etc. Demonstrate Glo Germs present with blacklight.	Very IMPORTANT: Explain that they are FAKE germs made so that people can see how easily real germs are spread..	
Ask: What do Mom and Dad, grandparents, and teachers do to protect you from germs?	Children brainstorm/Discussion	<ul style="list-style-type: none"> <li>● Clean house/classroom-desks etc.</li> <li>● Encourage sleep, healthy food choices, exercise, fresh air and sunshine so you are stronger and your body can fight the germs,</li> <li>● Some things they tell you to do: <ul style="list-style-type: none"> <li>● Take shoes off in the house,</li> <li>● Cover sneezes and coughs,</li> <li>● Don't pick your nose or touch your face, especially eyes, nose and mouth</li> <li>● Wash your hands</li> </ul> </li> </ul>	
What can you do?	<p>Discussion/Demonstration</p> <ol style="list-style-type: none"> <li>1.Demonstrate and practice coughing into elbow.</li> <li>2.Demonstrate and have students pretend handwashing and use of sanitizer.</li> <li>3. Practice singing ABC's or "Goodbye to all the germs, Goodbye to all the germs, Good bye to all the nasty germs, Good bye to all of you!" twice (20 seconds).</li> <li>4.Discuss the importance of drying hands completely with a clean dry towel and dropping paper towel in the trash.</li> </ol>	<ol style="list-style-type: none"> <li>1.Cover sneezes and coughs into elbow (Sneezes travel over 100 mph)</li> <li>2. Wash your hands and /OR use hand sanitizer.</li> <li>3. Washing- use poster to show steps, while pretend demonstrating Hand sanitizer (Know in advance if any children have allergies or sensitivities to hand sanitizer)- Demonstrate, rubbing it on all surfaces, explaining, UNTIL it is dry. Then place sanitizer on each child's palm and have them try it.</li> </ol>	

Topic	Tools	Main Points	Follow-up/ Evaluation
Ask if they heard of the 'The 3, 5 or 10 second rule'?	Discussion	Eating food dropped on the floor? True or not true? Not ever true!!	
When are good times to wash your hands or use sanitizer?	<p>1. Have children brainstorm</p> <p>2. Is it ok to touch your nose? Your mouth? Your face?</p>	<p>1. Brainstorm answers:</p> <ul style="list-style-type: none"> <li>● After using bathroom</li> <li>● Before eating</li> <li>● After blowing nose and using tissue</li> <li>● Visibly dirty hands</li> <li>● When you have a cut, scrape, or blister</li> <li>● After playing outside</li> <li>● After playing with a pet</li> <li>● After sneezing or coughing</li> <li>● After leaving a crowded place like a store, church, sporting event, museum...</li> </ul> <p>2. No, no, no. If you do, Wash Your Hand.</p>	
Proper handwashing	Teacher to wash hands	<p>Tell the teacher it is time to wash his or her hands. Have students help you remind teacher of the right steps, not to forget drying well with a clean, dry towel, and not touching the door on your way out. If possible, have students watch if they did or did not.</p> <p>Optional: Use blacklight to show students how well the teacher washed their hands.</p>	

Topic	Tools	Main Points	Follow-up/ Evaluation
Summary	<p>Ask class, "What is the best way to stay healthy and prevent germs from making you and others sick?"</p> <p>Distribute memo to teachers for children to take home. OR Provide memo to Elementary principal to include in the Elementary Newsletter.</p>	<p>Handwashing!</p> <p>Thank students for their attention and participation. Encourage them to remind and encourage one another and to show their parents what they learned when they get home. Wish them good health and wellness!</p>	<p>Measure and compare attendance rates (due to illness) compared year to year.</p>

## Handwashing - 2nd-3rd Grade

**Prep:**

- Teaching space with place for students to sit, ability to darken room, room with a door knob, and possibly a drinking fountain
- Hand-washing Poster (from Amazon)
- Optional: Camera for photos
- Glo Germ powder or gel (from Amazon)
- Black light flashlight (from Amazon)
- Apple, water bottle, book
- Hand Sanitizer
- Follow-up memo for parents

**Objectives:** Students will demonstrate knowledge of germs and what they can do to the body, how they are spread, how to avoid or reduce health risks to themselves and others, and handwashing/use of sanitizing gel - when to do and how. It also will give the children an opportunity to interact with school nurse in a safe, familiar environment when they are not fearful, injured, or sick.

Topic	Tools	Main Points	Follow-up/ Evaluation
How do you get sick? OR What makes you sick?	Discussion	Germs - yes, mean, nasty, dirty downright disgusting GERMS. Germs are living organisms that can be found everywhere. There are good germs and bad germs. Bad germs make us sick and good germs help digest our food and help the nutrients get into our bodies. We are just talking about the bad germs today.	
Can you see germs?	1. Discussion	No, they are so small - you would need a _____ (Microscope) to see them. Just because you can't see them doesn't mean they aren't there.	

Topic	Tools	Main Points	Follow-up/ Evaluation
Let's see how germs are spread	Put Glo Germs on one student's hands. Have all the students hold up one hand and the student with the glogerms high five each of them, touch a doorknob, an apple, a pencil, a water bottle, the whiteboard etc. Demonstrate Glo Germs present with blacklight.	Very IMPORTANT: Explain that they are FAKE germs made so that people can see how easily real germs are spread..	
Ask: What do Mom and Dad, grandparents, and teachers do to protect you from germs?	Children brainstorm/Have discussion	<ul style="list-style-type: none"> <li>● Clean house/classroom-desks etc.</li> <li>● Encourage sleep, healthy food choices, exercise, fresh air and sunshine so you are stronger and your body can fight the germs,</li> <li>● Some things they tell you:</li> <li>● Take shoes off in the house,</li> <li>● Cover sneezes and coughs,</li> <li>● Don't pick your nose or touch your face, especially eyes, nose and mouth</li> <li>● Wash your hands</li> </ul>	
What can you do?	<p>Discussion/Demonstration</p> <ol style="list-style-type: none"> <li>1.Demonstrate and practice coughing into the elbow.</li> <li>2.Demonstrate and have students pretend handwashing and use of sanitizer.</li> <li>3. Practice singing ABC's or "Goodbye to all the germs, Goodbye to all the germs, Good bye to all the nasty germs,Good bye to all of you!" twice (20 seconds)</li> <li>4.Discuss the importance of drying hands completely with a clean dry towel and dropping paper towel in the trash.</li> </ol>	<ol style="list-style-type: none"> <li>1.Cover sneezes and coughs into elbow (Sneezes travel over 100 mph)</li> <li>2. Wash your hands and /OR use hand sanitizer.</li> <li>3. Washing- use poster to show steps, while pretend demonstrating</li> </ol> <p>Hand sanitizer (Know in advance if any children have allergies or sensitivities to hand sanitizer)- Demonstrate, rubbing it on all surfaces, explaining, UNTIL it is dry. Then place sanitizer on each child's palm and have them try it.</p>	

Topic	Tools	Main Points	Follow-up/ Evaluation
Ask if they heard of the 'The 3, 5 or 10 second rule'?	Discussion	Eating food dropped on the floor? True or not true? Not ever true!!	
When are good times to wash your hands or use sanitizer?	<p>1. Have children brainstorm</p> <p>2. Is it ok to touch your nose? Your mouth? Your face?</p>	<p>1. Brainstorm answers:</p> <ul style="list-style-type: none"> <li>● After using bathroom</li> <li>● Before eating</li> <li>● After blowing nose and using tissue</li> <li>● Visibly dirty hands</li> <li>● When you have a cut, scrape, or blister</li> <li>● After playing outside</li> <li>● After playing with a pet</li> <li>● After sneezing or coughing</li> <li>● After leaving a crowded place like a store, church, sporting event, museum...</li> </ul> <p>2. No, no, no. That is how many germs get into your body. If you do, Wash Your Hands. Another way is through cuts or scrapes of your skin, which is why you should wash them well and apply a bandage.</p>	
Proper handwashing	<p>Distribute Glo Germs to all the children, by placing a small amount on one hand. Have them rub it on their hands.</p> <p>Check with blacklight after handwashing so they can see how well they did or where they need to concentrate on next.</p>	Tell students it is time to see how well they wash their hands. Use the poster to remind them of the right steps, not to forget drying well with a clean, dry towel, and not to touch the door on your way out.	

Topic	Tools	Main Points	Follow-up/ Evaluation
Summary	<p>Ask class, "What is the best way to stay healthy and prevent germs from making you and others sick?"</p> <p>Distribute memo to teachers for children to take home. OR Provide memo to Elementary principal to include in the Elementary Newsletter.</p>	<p>Handwashing!</p> <p>Thank students for their attention and participation. Encourage them to remind and encourage one another and to show their parents what they learned when they get home. Wish them good health and wellness!</p>	<p>Measure and compare attendance rates (due to illness) compared year to year.</p>



## Handwashing - 4th - 5th Grade

**Prep:**

- Teaching space with place for students to sit, ability to darken room, room with a door knob, and possibly a drinking fountain
- Hand-washing Poster (from Amazon)
- Optional: Camera for photos
- Glo Germ powder or gel (from Amazon)
- Black light flashlight (from Amazon)
- Apple, water bottle, book
- Hand Sanitizer
- Follow-up memo for parents

**Objectives:** Students will demonstrate knowledge of germs and what they can do to the body, how they are spread, how to avoid or reduce health risks to themselves and others, and handwashing/use of sanitizing gel - when to do and how.

It also will give the children an opportunity to interact with school nurse in a safe, familiar environment when they are not fearful, injured, or sick.

Topic	Tools	Main Points	Follow-up/ Evaluation
How do you get sick? OR What makes you sick?	Discussion	Germs - yes, mean, nasty, dirty downright disgusting GERMS. Germs are living organisms that can be found everywhere. There are good germs and bad germs. Bad germs make us sick and good germs help digest our food and help the nutrients get into our bodies. We are just talking about the bad germs today. There are 4 kinds: Bacteria, viruses (which there is no medicine for and they last longer), fungi(from mold and mildew that live in damp areas), and protozoa (parasites that love moisture and need a host to live)	
Topic	Tools	Main Points	Follow-up/

			Evaluation
Can you see germs?	1. Discussion	No, they are so small - you would need a _____ (Microscope) to see them. Just because you can't see them doesn't mean they aren't there.	
Topic	Tools	Main Points	Follow-up/ Evaluation
Let's see how germs are spread	Put Glo Germs on one student's hands. Have all the students hold up one hand and the student with the glogerms high five each of them, touch a doorknob, an apple, a pencil, a water bottle, the whiteboard etc. Demonstrate glo-germs present with blacklight.	Very IMPORTANT: Explain that they are FAKE germs made so that people can see how easily real germs are spread..	
Ask: What do Mom and Dad, grandparents, and teachers do to protect you from germs?	Children brainstorm/Have discussion	<ul style="list-style-type: none"> <li>● Clean house/classroom-desks etc.</li> <li>● Encourage sleep, healthy food choices, exercise, fresh air and sunshine so you are stronger and your body can fight the germs,</li> <li>● Some things they tell you: <ul style="list-style-type: none"> <li>● Take shoes off in the house,</li> <li>● Cover sneezes and coughs,</li> <li>● Don't pick your nose or touch your face, especially eyes, nose and mouth</li> <li>● Wash your hands</li> </ul> </li> </ul>	
Topic	Tools	Main Points	Follow-up/

			Evaluation
What can you do?	<p>Discussion/Demonstration</p> <ol style="list-style-type: none"> <li>1. Demonstrate and practice coughing into elbow</li> <li>2. Demonstrate and have students pretend handwashing and use of sanitizer.</li> <li>3. Practice singing ABC's or "Goodbye to all the germs, Goodbye to all the germs, Good bye to all the nasty germs, Good bye to all of you!" twice (20 seconds)</li> <li>4. Discuss the importance of drying hands completely with a clean dry towel and dropping paper towel in the trash.</li> </ol>	<ol style="list-style-type: none"> <li>1. Cover sneezes and coughs into elbow (Sneezes travel over 100 mph)</li> <li>2. Wash your hands and /OR use hand sanitizer.</li> <li>3. Washing- use poster to show steps, while pretend demonstrating Hand sanitizer (Know in advance if any children have allergies or sensitivities to hand sanitizer)- Demonstrate, rubbing it on all surfaces, explaining, UNTIL it is dry. Then place sanitizer on each child's palm and have them try it.</li> </ol>	
'The 10 second rule'?	Ask if they have heard of 3.5 or 10 second rule.	It is ok to eat food dropped on the floor? True or not true? Not ever true!!	
When are good times to wash your hands or use sanitizer?	<ol style="list-style-type: none"> <li>1. Have children brainstorm</li> <li>2. Is it ok to touch your nose? Your mouth? Your face?</li> </ol>	<ol style="list-style-type: none"> <li>1. Brainstorm answers: <ul style="list-style-type: none"> <li>• After using bathroom</li> <li>• Before eating</li> <li>• After blowing nose and using tissue</li> <li>• Visibly dirty hands</li> <li>• When you have a cut, scrape, or blister</li> <li>• After playing outside</li> <li>• After playing with a pet</li> <li>• After sneezing or coughing</li> <li>• After leaving a crowded place like a store, church, sporting event, museum...</li> </ul> </li> <li>2. No, no, no. That is how many germs get into your body. Another way is through cuts or scrapes of your skin, which is why you should wash your hands or the cut or scraped area well and apply a bandage.</li> </ol>	

Topic	Tools	Main Points	Follow-up/ Evaluation
Proper handwashing	<p>Distribute Glo Germs to all the children, by placing a small amount on one hand. Have them rub it on their hands.</p> <p>Check with blacklight after handwashing so they can see how well they did or where they need to concentrate on next.</p>	<p>Tell students it is time to see how well they wash their hands. Use the poster to remind them of the right steps, not to forget drying well with a clean, dry towel, and not to touch the door on your way out.</p>	
Summary	<p>Ask class, "What is the best way to stay healthy and prevent germs from making you and others sick?"</p> <p>Distribute memo to teachers for children to take home. OR Provide memo to Elementary principal to include in the Elementary Newsletter.</p>	<p>Handwashing!</p> <p>Thank students for their attention and participation. Encourage them to remind and encourage one another and to show their parents what they learned when they get home. Wish them good health and wellness!</p>	<p>Measure and compare attendance rates (due to illness) compared year to year.</p>



"Did you wash your hands?" How many times do you say that to your children? Probably a lot. Why? Because you want to keep your family healthy and washing your hands is the best way to stop germs from spreading, of course.

I visited your child's classroom today to help teach about the spread of germs, how to prevent the spread and stay healthy, and how and when to use hand sanitizer and how and when to wash their hands properly. They participated in an activity with their teachers using fake "glow germs" to demonstrate how easily germs are spread and how germs can remain on their hands if their hands are not washed properly! (Many students rinse the soap down the drain before they even start scrubbing). We had a great time learning!

To reinforce their learning today, please ask your student to demonstrate what they learned while singing the new song, "Goodbye To All The Germs" (to the melody of Happy Birthday) twice *before* rinsing.

Together, we can keep our kids healthy. It was my pleasure to spend this time with your children. As always, let me know if you have any questions or concerns.

In good health,

"Nurse signature line"

"Contact information"



"Did you wash your hands?" How many times do you say that to your children? Probably a lot. Why? Because you want to keep your family healthy and washing your hands is the best way to stop germs from spreading, of course.

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