

Community Awareness

Health Issues Regarding Hand Washing

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Our group chose to participate in Community Awareness for the HOSA competition. We chose to focus on the importance of hand washing. We delivered the issue to a first grade elementary class. The school that we went to was Apple Creek Elementary. The supplies we took with us to show the children the importance of hand washing was glow germ and a black light. The glow germ acts as simulation to show germs on the hands. We first educated the children on proper techniques to use while washing their hands. One of the techniques we taught was telling the children to wash their hands for twenty seconds with warm water. If they were not able to remember to wash for twenty seconds we told them there are songs you can sing to remember. Two of the songs one can sing while washing their hands would be to sing Happy Birthday or saying your ABC's. We also taught the students that hand sanitizer is an alternative when soap and water is not available. After we went over the basic techniques we had a child volunteer for us to use the glow germ on the hands. We dropped the solution on the hands and told her to rub them together. After the solution was rubbed together we put her hands under the black light and let the class see all the germs on her hands. From seeing all the germs we asked the child to go use the techniques we taught them and to go wash her hands. She then showed the class her clean hands and how the germs were gone. At the end we questioned the children on the techniques we taught them to make sure they grasped and understood. The impact we had on the children was that they were made aware of the importance of hand washing. They then understood that you can be protected from germs that make you sick. The effectiveness it made was the children were left with tips to remember forever. We had an activity and color sheet to reinforce what they had been taught.

Hand Washing Lesson Plan

Grade 1

Objective: Tell why cleanliness, grooming, posture, and body mechanics are important.

General Information:

- Germs are everywhere.
- Germs are so small that you cannot see them.
- Germs can make you sick.
- You can get rid of germs by washing your hands

How to wash your hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together for at least 15 seconds.
- Scrub underneath the fingernails.
- Rinse and then dry.

When to wash your hands:

- After using the toilet.
- Before eating or touching food.
- After playing with animals.





Color me,
cut out
to make a puzzle.

Name Elijah
I pledge to wash my hands

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Germs
Are Not for
Sharing

Please Wash Your Hands!





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