



# Hand-Washing Presentation Kit

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Manual



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### **Hand-Washing Presentation Kit**

This hand-washing kit was developed by the Cadence Health Community Health and Outreach Department for use by teachers, student teachers, school nurses, parents, scout leaders and any other community members interested in teaching children about the importance of effective hand-washing.

Additional kits may be ordered for mail delivery by emailing [kitsforkids@cadencehealth.org](mailto:kitsforkids@cadencehealth.org).

Thank you for helping children learn the importance of hand-washing so they can help prevent the spread of illness!

# Introducing Glo Germ™

For more than 40 years, Glo Germ™ has been helping kids — and adults — understand in a fun and interactive way just how rapidly and widely germs can be spread in even a short period of time.

And now it's your chance to use Glo Germ™ to spread the news to children about how washing their hands regularly and properly can stop the spread of germs!

Invented in 1968, Glo Germ™ has played a major role in the training of healthcare

workers, restaurant employees and others, helping them learn about the importance of proper hand-washing procedures.

It contains proven, safe ingredients that are formulated to be the same microscopic size as bacteria. And when Glo Germ™ is placed on one's hands and then viewed under ultraviolet light, it provides a visible understanding of what germs could look like.

Inside this manual, you'll find instructions about how to use Glo Germ™ during your

demonstration. This kit also includes a flash drive on which you'll find a copy of a letter to parents encouraging them to make hand-washing a habit for their children, as well as activity sheets for kids and details about Glo Germ™ ingredients and safety.

Start spreading the word about the importance of hand-washing by using Glo Germ™ today!

# How to use the Hand-Washing Kit and Glo Germ™

## Goal:

To introduce children to the concept that clean hands have a direct relationship to maintaining health and preventing illness.

## Method:

You should conduct a half-hour interactive program that includes discussion about germs and a hand-washing demonstration using Glo Germ™

## Objectives:

At the end of the program, participants should be able to state why it is important for them to wash their hands. The correct answer is: “germs” are the cause of illness, such as colds and flu.

Participants also should be able to demonstrate good hand-washing technique and identify when it is most important to wash

their hands. They should know that: germs are on surfaces they commonly touch, and that hands should always be washed before eating, after using the bathroom or blowing your nose.

## DISCUSSION POINTS

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**General message:** Germs (bacteria and viruses) are so small that they cannot be seen, but are found almost everywhere. When you touch things with germs, you get germs on your hands and they can make you sick. However, you can get rid of germs and help avoid illness simply by washing your hands thoroughly and regularly.

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**For older students:** Bacteria and viruses can cause illnesses and diseases such as upper and lower respiratory tract infections, influenza, pneumonia, shigellosis and hepatitis A and B. There are four ways that germs can be spread: fecal-oral contact (hepatitis A and shigellosis), direct/close contact, blood contact (HIV/AIDS and hepatitis B) and respiratory/airborne contact (influenza and colds).

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### **How to wash your hands:**

- Wet hands with warm, running water
  - Apply soap (use liquid when possible)
  - Rub hands together, making bubbles for 15 to 20 seconds (about the time it takes to sing the ABC's)
  - Scrub underneath fingernails
  - Rinse hands and dry thoroughly with a clean towel or air dryer
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### **When to wash your hands:**

There are many times when it's very important to wash your hands, including after using the bathroom or before preparing, touching, or eating food. Also be sure to wash after playing with animals, handling money, coughing, sneezing or blowing your nose and before unloading the dishwasher or setting the table.

### **Make hand-washing a habit:**

Remember that the act of hand-washing

needs to be reinforced several times throughout the day and that it's especially important before meals and after using the bathroom.

### **Glo Germ™ safety facts:**

Be aware that Glo Germ™ is essentially non-toxic, but is not intended for consumption. It also can stain clothing or surfaces. If a stain does occur, cleaning should be done with cold or lukewarm water and not hot water, which can “set” the stain.

### **How to use Glo Germ™:**

Your demonstrations may be done with one or two volunteers, or with each student. Be aware that just two to three drops of Glo Germ™ is sufficient for each demonstration and also helps reduce the risk of making messes.

To conduct the demo, place the drops of Glo Germ™ in the palm and have the participant rub hands together, getting the Glo Germ™ between fingers and all

over hands. Have the participant then hold his or her hands close to, but not touching, the black (UV) light. They will notice the “germs” on their hands.

Once the participant has seen the “germs,” have him or her wash their hands and then re-check them with black light. Repeat hand-washing and black lighting if necessary, having participants sing the ABC’s to demonstrate time needed to wash between fingers and on all surfaces of the hands.

### **Finishing up:**

Be sure to use the work sheets/coloring sheets included on the flash drive in this kit as needed depending on age and level of understanding. Once you’re through with the demonstration, seal the Glo Germ™ container and place it in re-sealable plastic bag, using care not to get Glo Germ™ on kit contents.

## **OTHER SUGGESTIONS**

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Have participant, with Glo Germ™ on hands, shake hands with other students to show the spread of germs.

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Have participant, with Glo Germ™ on hands, pick up a piece of bread and fold in half to make a ‘sandwich’. Look at the bread under the black light. Ask if they would want to eat all those ‘germs’ (throw bread away). The same can be done with an apple or a pencil.

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Use work sheets/coloring sheets included as appropriate for age and level of understanding.

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