

Topic

Handwashing

Duration

8-10 minutes

Objective(s)

Each student will understand the importance of handwashing to prevent germs and diseases from spreading.

Each student will observe and learn the proper handwashing technique by watching a CDC handwashing video.

Teaching Materials

[CDC Handwashing Fact Sheet](https://eriercd.org/coronavirus.html)
eriercd.org/coronavirus.html

CDC Fight Germs. Wash Your Hands! Transcript

CDC Fight Germs. Wash Your Hands! Video

Soap, water, paper towels & sink (should the teacher elect for students to demonstrate the skill)

Lesson Steps

1. Refer students to the Handwashing Fact Sheet
2. Explain how a virus is spread by reviewing the following information:

What is coronavirus?

Coronaviruses are a large family of viruses, some causing illness in people and others circulating among animals, including camels, cats and bats.

The 2019 coronavirus (COVID-19) is a new virus that causes respiratory illness in people and can spread from person-to-person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

What are the symptoms of coronavirus?

Symptoms of the COVID-19 can include:

Fever

Cough

Shortness of breath

The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

How can the Coronavirus spread?

Human coronaviruses spread just like the flu or a cold:

Through the air by coughing or sneezing;

Close personal contact, such as touching or shaking hands;

Touching an object or surface with the virus on it;

Occasionally, fecal contamination.

3. Show the CDC *Fight Germs. Wash Your Hands!* Video Segment (3:01) ***Wet, Lather, Scrub, Rinse & Dry*** using the following resource [CDC Fight Germs. Wash Your Hands! Video Segment](#)
4. Use the CDC *Fight Germs. Wash Your Hands* Video Transcript if a student requires a re-teach/read of the material or a print copy.

CDC Fight Germs. Wash Your Hands Video Segment Transcript

Handwashing is one of the most important ways you can keep from getting sick and spreading germs to others! Dirty hands spread disease. This handwashing demonstration will show you how handwashing can get rid of germs and chemicals that get on our hands every day.

This gel is like the germs and chemicals that we get from things we touch throughout the day – like our toys and pets. If we then rub our eyes, nose, or mouth, or pick up something to eat, the germs or chemicals can get into our bodies and make us sick. Studies have shown that people touch their eyes, nose, and mouth about 25 times every hour without even realizing it!

To get rid of these germs and chemicals, CDC recommends you follow these easy steps every time you wash your hands: wet, lather, scrub, rinse, and dry. We're going to show you the right way to do each step.

First, wet your hands with clean running water, turn off the tap, and apply soap. Then, 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. If you don't have a clock nearby, keep scrubbing until you've sung the "Happy Birthday" song twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel, electric hand dryer, or air dry them.

Washing your hands using the steps we just demonstrated is very important to get hands completely clean. Let's see how well we got rid of the germs and chemicals.

Great! No more germs and chemicals! Why is this so important?

Germs and chemicals from unwashed hands can get into our foods and drinks when they're being prepared or when we're eating or drinking them, which can make us sick. Also, germs and chemicals from unwashed hands can be transferred to other objects, like cellphones, table tops, or toys, and then transferred to other people's hands.

That's why it's so important to wash your hands following these steps: wet, lather, scrub, rinse, and dry, so you can stay healthy and help keep those around you healthy!
For more information visit [cdc.gov/handwashing](https://www.cdc.gov/handwashing)