

*[Teachers can use these key points and ideas to educate students about hand washing and how to not get sick]*

## **Flu Lesson**

### **What are germs and what do they do?**

Germs are what make people sick. They make people sneeze, cough, have a sore throat and not feel very good. When a person sneezes or coughs they can give their germs to someone else and make them sick. Germs can even live on things like toys, doorknobs, desks, telephones and computers.

### **How can you stop germs?**

If you cough or sneeze be sure to cover your mouth with a Kleenex. If you don't have a Kleenex, cough or sneeze into your arm. If you cough or sneeze on your hand then the germs are on your hand and you can give them to others. You can get rid of germs by washing your hands a lot. When you have germs on your hands and touch your mouth or nose, the germs get in your body and can make you sick.

### **Important hand washing steps**

1. Use warm water and soap.
2. Scrub between your fingers, under your fingernails and up your wrist.
3. Scrub for at least 20 seconds. When you are scrubbing sing the "Happy Birthday" song twice and then you are done.
4. Dry your hands with a paper towel and use it to turn off the sink and open the door. Remember, before you washed your hands you touched the door and the faucet and put germs on them so you don't want to get them on your clean hands again!

### **Possible activities**

- Draw a picture of a germ
- Practice cleaning your desk
- Practice washing your hands
- Place hand sanitizer in the classroom and have students take turns being the "Clean Hands Leader" and dispense it to each student before class
- Identify and put sticky notes on items in the classroom that might have germs on them
- Post hand washing reminder posters in your classroom
- Use Glo Germ to demonstrate places that germs might hide on your hands (Glo Germ is a kit that uses lotion and a blacklight to illustrate where germs are, [www.glogerm.com](http://www.glogerm.com). Kits vary in cost but are about \$70 or the Polk County Health Department can do demonstrations.)