

WASHING HANDS STOPS

THE SPREAD OF GERMS

Protect yourself and others
from getting sick



Script and Cues:

Hi kids, today we are going to talk about hands. How many of you have hands?
Hold them up so we can all see them.

short pause

sometimes our hands get dirty and then what do we get on them?

short pause

yes, germs!

and sometimes our hands don't look dirty, but what is still on our hands?

short pause

yes, germs!

so, how do we get rid of germs?

short pause

yes! washing our hands! hold your hands up again and let's wash our hands.

let's say: "wash our hands, wash our hands, wash our hands"

good job!

Can you tell me, when should we wash our hands?

short pause

that's right! also, after we use the restroom, before we eat, after playing outside,
and after sneezing or coughing.

character sneezes

Do you want to shake hands with me? I wouldn't either. That's why it's SO
important to wash your hands.

So today, we are going to talk about real germs and pretend germs. To get rid of
real germs on your hands, what do you need?

short pause

yes, we need water, soap and towels.

I have some very funny pretend germs I'm going to put on my fingers. Real germs do not look like this, but they look pretty icky. Now, let's help me get rid of some pretend germs?

What do we need?

short pause

warm running water, good! one germ is gone.

What else do we need?

short pause

soap, good! another germ is gone!

What do we need next?

short pause

scrub our hands really well for 20 seconds.

Look at that, germ 3 is gone.

We only have 2 pretend germs left, what do we do next?

short pause

yes! rinse off with warm running water. away with another germ!

How do we get rid of that last germ?

short pause

yes, use a clean cloth towel, or paper towel, and rub really well. Friction is important to remove the germs.

Goodbye last germ! All of the germs are gone.

Earlier, I mentioned that we needed to scrub our hands for 20 seconds. Do you know how long 20 seconds is?

I have a dancing astronaut that goes for 20 seconds. Let's see how long that is.

20 second dancing astronaut

Wow! That is a long time to wash your hands. Most people don't wash their hands long enough. This is how many people wash:

(character does quick hand washing)

Let's practice pretend washing our hands for 20 seconds. I will turn on the dancing astronaut and you practice washing your hands the entire time.

20 second dancing astronaut

There is another way to know how long 20 seconds is: sing the happy birthday song 2 times! Let's sing happy birthday to your teacher and pretend washing our hands for 20 seconds.

20 second happy birthday

It's very important that when you wash your hands, you wash between your fingers, your thumbs, your palms, your wrists and the front of your hands - and make sure you dry briskly!

Now, when you wash your hands, you can tell how long you need to keep scrubbing. I think it's time to do an experiment with your teacher!

End of video