

HYGIENE AND HAND WASHING

- After working through this lesson, participants will be able to:
- Knowledge** 1. Understand why it is important to wash your hands, and when.
Attitude 2. Know situations when it is important to wash your hands and explain why.
Practice 3. Consistently wash hands at appropriate times and teach others to do so.
- Overview** This is a basic lesson on hygiene that can be used with adults, children, and teens. The lesson should be taught after *Safe Drinking Water*.
- This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfcd.info/>. These lessons are based on information and standards from the World Health Organization.
- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - *Time to Eat!* Role Play
 - Handouts:
 - *When to Wash Your Hands Illustration*
 - *Hygiene and Hand Washing Methods*

LESSON (Facilitator's instructions highlighted) 60 minutes

Starter: Time to Eat! Role Play (5 minutes)

Use the *Time to Eat!* role play attached to this lesson and ask for volunteers to act it out.

A young child is playing outside in the dirt with his dog. His hands and face are dirty.

Mom: Johnny! Time to eat!
Johnny: I'm coming!

He runs inside and starts to eat, still with dirty hands.

Later on:

Boy: I don't feel so good. My stomach hurts. And I feel sick!
He runs to the bathroom, clutching his stomach.

Ask SHO Questions:

*What did you **S**ee?*

*What was **H**appening?*

*Does this happen in **O**ur place?*

I. **Importance of Handwashing** (20 minutes)

- A. In the large group, ask "Why is it important to wash your hands?" (If the concept of germs is not clear, review the information from *Safe Water*).

1. If you don't wash your hands, you can get sick.
 2. Germs get from your hands to your mouth and your eyes.
 3. That can cause stomach and eye infections.
 4. You can also pass your germs on to other people and make them sick.
- B. Divide into small groups. Give each group a copy of the *When should you wash your hands? Illustration*. Ask: When should you wash your hands? Why? (Adjust the terminology and responses to the local culture.)
1. After you go to the bathroom and wipe yourself. Germs from your poop can get on your hands.
 2. After you touch an animal. Germs from the animal can get on your hands.
 3. After you cough or blow your nose. Germs from your nose and from your throat and lungs can get on your hands. You don't want to pass your cough on to another person.
 4. Before you cook or serve food. Germs from your hands can get on the food.
 5. Before you eat, so germs from your hands don't get on your food and in your mouth.
 6. If you have an eye infection or a cough, wash your hands before you shake hands so you don't pass your cough or eye infection on to other people.

II. Handwashing Technique (10 minutes)

Ask for two volunteers to act out the following:

Two people are washing their hands, using the same bowl. They do not use soap and only wash their hands for a few seconds. At the end, their hands are still dirty with dirt under their fingernails. When they finish, they dry their hands and wipe their faces with a dirty towel.

Ask the following questions and discuss in the large group:

- A. What did they do wrong, and why was it wrong?
1. They only washed for a short time.
 2. They washed their hands in the same water in the bowl.
 3. Germs could spread from one person's hands to the other person.
 4. They didn't use soap.
 5. Soap helps to kill germs.
 6. They dried their hands with a dirty towel.
 7. Germs from the towel could get on their hands and faces.
- B. What could they have done differently? Give out the handout *Hygiene and Hand Washing Methods*.
1. They should have poured water on their hands instead of using water in a bowl.
 2. They should have used soap.
 3. They could clean under their fingernails.
 4. They should have dried their hands with clean towels.
 5. The towels should be washed, and then dried in the sun.
- C. How can you make handwashing convenient and easy? See the Children's CHE lesson, *Tippy Taps*, for more information on Tippy Taps.
1. Have places for handwashing near your kitchen and near your latrines or bathroom.
 2. Use a Tippy Tap.
 3. You can make your own Tippy Tap.
 4. A Tippy Tap is made from a plastic bottle with a hole near the top and a string to tilt the bottle, so a small amount of water comes out.
 5. A Tippy Tap uses only a small amount of water.

III. Practice Proper Handwashing (10 minutes)

Instructions: Divide the group into pairs and have each person practice proper hand-washing OR divide group into small groups. Each small group will pretend they are teaching a group of children proper handwashing.

References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

Health Topics World Health Organization. Available from: <http://www.who.int/topics/en/>

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Role Play

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Boy: I'm coming!

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HYGIENE AND HAND WASHING ILLUSTRATION

When should you wash your hands? Why?



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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