

4th grade Handwashing Presentation

Supplies

1. Video
2. Glogerms
3. Light
4. Handouts
5. Incentive
6. Prepared germ paper
7. Spray bottle
8. Crackers

Start by passing around prepared germ paper.

One of the things a school nurse does is to teach students how to stay healthy. If you are not healthy you can't come to school and your teacher can not help you learn new things. So today we are going to talk about viruses and bacteria. What is another name for viruses and bacteria?. *GERMS*

What happens if you get germs into your body? *THEY MAKE YOU SICK..*

What are some germs you may know of or have heard about?
FLU, INFLUENZA, COLDS, MEASLES, MUMPS.

Some of those illnesses are caused by bacteria and some by viruses.

We are going to watch a video about how germs get into our bodies and make us sick.
"Hand Hygiene: the Dirt on Germs"
<https://youtu.be/hD5i3l99mac>

Where are some places germs live or where can germs be found?
On desks, on pencils, on door knobs, on pets, in your blood, in the air. GERMS THAT CAN MAKE US SICK ARE EVERYWHERE.

When I talk to people about how they get sick I like to think of getting sick as a puzzle with four pieces to it. You need to have all four pieces in order to get sick. If one piece is missing you can not get sick.

Draw puzzle.



We already know that **germs are everywhere** so that covers germs present.

GERM
PRESENT

Certain germs need to enter your body in certain ways.

How are some ways you saw in the movie or ways you know that germs can get into your body?

THROUGH YOUR MOUTH, NOSE, EYES, SKIN.

(Demonstrate cough with spray bottle)

Those are called Portal of Entry. For example cold viruses enter your body through the mucus membranes of the nose, eyes and mouth. They don't get in through intact skin.

CORRECT
PORTAL
OF ENTRY

Then a person has to be susceptible to the bacteria or virus. What does that mean?

Sometimes our body is able to build up antibodies towards certain viruses. That is what getting immunized is all about. If I'm immunized against a certain diseases such as mumps or pertussis then my body has a chance to build up immunity towards it so if I'm really exposed I wouldn't get sick.

PERSON SUSEPTIBLE

ENOUGH
GETS IN

We don't always know how much of a germ needs to get into our body to make us sick. Some germs you don't need very much. Sometimes the number of germs that get in determine how sick you get.

What happens is that if you take away one piece of the puzzle you won't get sick.

How can we take away the GERMS PRESENT piece?

GERMS PRESENT

**WASH HANDS, COVER COUGHS AND
SNEEZES, CLEAN ITEMS,
DON'T SHARE OTHR PEOPLES'S FOOD**

How can we take away the PORTAL OF ENTRY piece?

PORTAL OF ENTRY

WASH HANDS, DON'T SHARE FOOD,

**COVERING MOUTH WHEN
WE COUGH OR SNEEZE,
COVER OUR CUTS,
THROW AWAY OUR OWN KLEENIXES.**

(Demonstrate how to share food correctly.)

How about PERSON SUSEPTIBLE?

PERSON SUSEPTIBLE
IMMUNIZE.

How about ENOUGH OF GERM?

SAME WAYS AS ABOVE.

So do you see why hand washing is the number one thing you can do to prevent yourself from getting sick? It takes away several pieces of the puzzle.

So who remembers how to wash your hands correctly? Name what you have to do. What did the video mention?

- Use running water
- Use soap
- Scrub back and forth
- Wash for at least 10-15 seconds.
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Remember the piece of paper that was passed around? Demonstrate with glo light how easily germs were picked up.

HAND WASHING DEMO WITH GLO GERMS

If we know that germs are all around us. When should we wash our hands?

- Before eating or fixing food
- After using the bathroom

- After playing with pets
- When they are visibly dirty
- After sneezing or coughing into them
- After caring for sick people or taking care of wounds or cuts.

Germ buster stickers

CORRECT
PORTAL OF
ENTRY

GERM PRESENT

PERSON
SUSEPTIBLE

ENOUGH
GETS IN

GERMS PRESENT

**WASH HANDS, COVER COUGHS AND
SNEEZES, CLEAN ITEMS,
DON'T SHARE OTHER PEOPLES'S FOOD**

PORTAL OF ENTRY

**WASH HANDS, DON'T SHARE FOOD,
COVERING MOUTH WHEN
WE COUGH OR SNEEZE,
COVER OUR CUTS,
THROW AWAY OUR OWN KLEENIXES.**

PERSON SUSCEPTIBLE

IMMUNIZE.

ENOUGH OF GERM

**WASH HANDS, COVER COUGHS AND
SNEEZES, CLEAN ITEMS, COVER
OUR CUTS, TAKE BATH OR
SHOWER**