

First Grade Handwashing

Part of my job as school nurse is to teach children how to be healthy. I came to talk to you today about "germs".

What do germs do? What happens if you get germs into your body?

Right they make you sick. They make your nose runny or stuffy. They give you a fever or headache, upset your stomachache, and makes your eyes itch and cause a lot of trouble.

Where do germs live?

Inside of us.

Who has some germs right now? Are my germs the same as your germs?

Everyone!

No.

So do I want your germs? Do you want my germs?

NO! That's why your body tries to keep germs out. We are going to be talking about how you can keep germs out of your body so you get sick less often.

Does any one know what doctors and nurses say is the number one thing you can do to help keep your self-healthy? It has to do with keeping germs out.

HANDWASHING!!!

Why do you think handwashing is so important?

Because germs get into onto our hands and skin and then get into our bodies if we don't wash them off.

Let's watch this short video and see how that might happen.

Show video "The Sneeze"

https://video.search.yahoo.com/yhs/search?fr=yhs-iry-fullyhosted_011&hsimp=yhs-fullyhosted_011&hspart=iry&p=germ+video+for+kids#id=32&vid=595487455195c10c1b1eef7d2776ce37&action=view

Can you see germs like that in the movie? Do they sing?

No. So we don't always know where they could be.

Where could germs be?

On doorknobs
Other people's food
Desks
Kleenexes
In blood
Everywhere!

Does anyone know how germs get into our bodies?

Through our eyes, nose, mouth and broken skin.

So what can you do so you don't get some germs into your body?

Don't share food

Don't chew on pencils

Throw away your own Kleenexes

Don't touch other people's blood - wear Band-Aids

Don't put your fingers into your nose or mouth

If you do get germs on you what is the most important thing you can do?

Right, wash your hands.

Who knows how to wash your hands? What do you have to do?

Use running water

Use soap

Scrub back and forth

Wash for at least 10-15 seconds.

Let's do an experiment and see if you can wash your hands well. Pay attention to what I may do differently than you.

GloGerm demonstration and return demo.

So we know why we wash our hand. (So we get rid of the germs that make us sick)

We know how to wash our hands. (Use soap and water scrub for at least 10-15 second.)

When should we wash our hand?

Before eating

After using the bathroom

After playing with pets

After sneezing or coughing into them

When they get dirty or after playing outside

After taking care of cuts or injuries

So we know why we wash our hands. We know how we wash our hands. We know when we wash our hands.

Who should wash their hands?

Everyone! 1st graders, teachers, parents, brothers and sisters, nurses and doctors, Everyone!