

Hand Hygiene

Pre-Learning Quiz

Length: 5 minutes

Materials: Microphone if available, computer and screen optional for video and PowerPoint slides.

Introduce Activity: Have the participants sit in a comfortable area and use a microphone as needed. Begin by introducing yourself and explain that you will play a true/false game to see how much everyone knows before starting the activity. Participants can give a thumbs up for true or thumbs down for false. Read the questions below and have participants answer by showing their thumb up or down. Review the correct answer.



Option A: Group discussion

If you have one presenter, ask the questions aloud and let participants answer with a thumbs up or thumbs down. Review answers with the group and allow time for discussion after each question.



Option B: One on one discussions or small groups

If there are multiple students/volunteers, pair each volunteer with a resident or at a table with a few residents to allow for social connection and conversation.

Have volunteers read questions to the resident or small group of residents and allow discussion. Volunteers can then review correct answers with the individual or group after each question.

Hand Hygiene

Pre-Learning Quiz

1 Rinsing your hands with warm water is the same as washing with soap and water. (True/False)

False: Rinsing with only water leaves the bacteria and viruses that could cause infection. Handwashing with soap or hand sanitizer is needed to effectively clean your hands.

2 Drying your hands with paper towels or hand towels after handwashing removes more germs than handwashing alone. (True/False)

True: The friction of drying your hands on a paper towel or clean hand towel removes more germs than handwashing alone. Also, wet hands pick up more germs from surfaces than dry hands, so it is very important to dry your hands after handwashing.

3 Wash your hands twice a day and you will protect yourself from most illnesses. (True/False)

False: You should wash your hands many times a day to protect yourself from illness and stop illnesses from spreading.

4 Alcohol based hand rub (hand sanitizer) is a good alternative when soap and water aren't available or are difficult to use. (True/False)

True: Alcohol based hand rub (ABHR) is a good alternative to washing with soap and water as long as your hands aren't visibly dirty. The ABHR should also be at least 60% alcohol to work well. ABHR can be easier for some people with very dry skin. If you can see dirt or grease on your hands, it is important to use soap and water as the ABHR can't remove the dirt and grease or clean the skin under the dirt and grease.

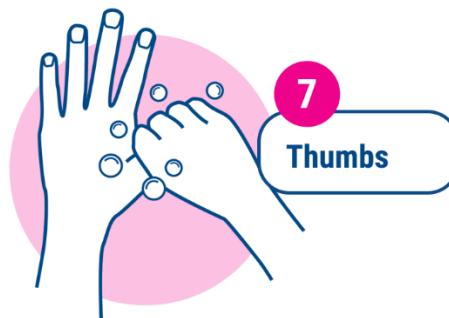
5 People touch their eyes, nose, or mouth about 25 times every hour without realizing it. (True/False)

True: When you touch your eyes, nose, or mouth it is possible to pass germs into your body. It is important to clean your hands frequently to prevent getting and transmitting illnesses.

How to WASH YOUR HANDS



Lather with soap for at least 20 seconds



Handwashing is the best way to prevent the spread of antibiotic resistant infections.

antibiotic
wise.ca

Hand Hygiene

Hand Hygiene 101

Length: 15 minutes

Materials: Microphone if available, computer and screen optional for PowerPoint slides and video, sink, or bowl/pitcher of water, soap, paper towels, glo-germ lotion & UV light (included in kit), healthy living booklets and stickers (included in kit).

Introduce activity: We are going to talk why you should wash your hands frequently and how to do it well. We know that you are experts in this but it is important for everyone to review why and how to wash their hands even if they have had the education before, especially during cold and flu season!

1

Hand out participant sheet on “How to Wash Your Hands.”

Refer to the handout with the participants and explain that we will handwash with the steps listed on the sheet.

2

Review the four main times for hand hygiene.

1. Before eating or preparing food
2. After possible contamination (touching surfaces, wiping nose, etc.),
3. After using washroom
4. After coming home

3

Explain some of the main reasons why hand hygiene is important.

1. It prevents many common illnesses – both diarrhea related illnesses and respiratory infections (colds and flus). Did you know that some hand sanitizer (alcohol-based hand rub) doesn't kill some of the germs that cause stomach bugs?
2. It stops the spread of many infections.

4

Facilitator demonstrates hand hygiene with the UV glow light and gel.

- Explain that glo-germ lotion is like hand lotion but has a substance that glows under UV light. Applying it to the hands is like having fake germs on your hands.
- Apply a pea-sized amount of glo-germ lotion to your hands and show the steps of handwashing as you spread it over your hands - make sure to get the backs of hands and between the fingers too!
- Use the UV light to show how hands glow where there are fake germs (you may need to dim the lights to see). Walk around the room to show participants.
- Touch a table or back of a chair and shine the light on the area to demonstrate how germs can spread.

Hand Hygiene

Hand Hygiene 101 (continued)

5 Activity: Handwashing demonstration game

- Prepare an area where everyone can see you and have soap, a bowl, pitcher of warm water, and paper towels set up at your area.
- Explain that you will now wash your hands but **only perform the steps that you are told to do by the group.**
- Show everyone that your hands glow under UV light.
- Performs steps you are told to do by the group. The group instructs on each step of handwashing (i.e., wet your hands, use soap, wrap opposite hand around thumb and rub it back and forth). The group can use the handout on the steps of handwashing if needed.
- Once handwashing is complete, use the UV light to see how many germs are still on your hands.
- Discuss as a group what was surprising – did some parts of the hand still glow after handwashing? Did you miss any steps?
- Review the steps of handwashing that sometimes get missed and need extra attention (wrists, thumbs, fingertips and nails).
- Ask participants to show the steps of hand hygiene by using hand sanitizer (if available at tables).

6 Ask participants to list the four main times of hand hygiene.

1. Before eating
2. After possible contamination (touching surfaces, wiping nose, etc.)
3. After using the washroom
4. After coming home

7 Ask participants to list the two main reasons hand hygiene is important:

1. It prevents illnesses
2. It stops the spread of infections

8 Ask: Who has questions? Who can share one new thing they learned today?

Initial or put a sticker of completion in participants' Healthy Living booklet.

9 Optional Video "Fight Germs: Wash Your Hands" (2:58 mins)



<https://youtu.be/eZw4Ga3jg3E>