

# Handwashing: Just do it to stay healthy!

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# Handwashing - Why?

- ▶ Handwashing is easy, inexpensive, & effective way to prevent spread of germs & keep people healthy
- ▶ Reduces number of people who get sick with diarrhea by 31%
- ▶ Reduces respiratory illnesses, like colds, in general population by 21%
- ▶ Recent study showed that only 31% of men & 61% of women washed their hands after using public restroom.

▶ [www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

# Childcare providers & teachers:



- ▶ Infectious organisms can be spread
  - ▶ in human waste - urine, stool
  - ▶ in bodily fluids - saliva, nasal discharge, secretions from open injuries, eye discharge, blood, & vomit
  - ▶ through cuts or skin contact
  - ▶ by touching an object that is contaminated with infectious organism
  - ▶ In droplets of bodily fluids, such as those produced by sneezing, coughing, or vomiting, that travel through the air

# Childcare providers & teachers:

- ▶ In many cases, there are enough harmful microorganisms in an infected child's oral or nasal secretions, even before child has visible symptoms.
- ▶ Noroviruses and rotaviruses can be shed in feces of children for at least 25 days after symptoms have stopped.
- ▶ Nadel et al. conducted an observational study in 134 child-care centers in Pennsylvania.
  - ▶ Of 181 diapering or toileting observations, 78% of adults washed their hands.

**Reference:** Practicing Good Hand-Hygiene for Care Providers,  
FightBac.org

## Child-care providers must wash their hands:

- ▶ When they arrive for the day
- ▶ After breaks
- ▶ When moving from one child-care group to another
- ▶ Before and after
  - ▶ Preparing food or beverages
  - ▶ Eating or handling food
  - ▶ Feeding a child
  - ▶ Giving medication
  - ▶ Applying medical ointment/cream to broken skin
  - ▶ Diapering



## Child-care providers must wash their hands:

### ▶ After

- ▶ Using the toilet or helping a child use a toilet
- ▶ Handling bodily fluids - mucus, blood or vomit - from sneezing, wiping & blowing noses, mouths or sores
- ▶ Handling animals or cleaning up animal waste
- ▶ Cleaning or handling the garbage
- ▶ Using chemicals



# Hand washing and children

- ▶ Research shows that children wash their hands, if an influential person in their lives, such as teacher or mother, encourages them.
- ▶ In some cultures, children are often messengers driving change in their communities by reporting on what they learned in school!
- ▶ ***Younger children need assistance washing their hands.***
  - ▶ Some may not have motor skills to wash their hands
  - ▶ Others may not be able to reach sink in order to properly wash their hands - a stool can help them reach the sink.
  - ▶ Most children under 18 months of age are not coordinated enough to safely stand on stool w/o assistance - evaluate each child individually.

# Best Practices:

- ▶ ***Staff should set a good example & wash their hands thoroughly & at all the appropriate times!***
- ▶ **Conduct a needs assessment**
  - ▶ Determine how hand washing can be improved
  - ▶ Identify challenges that hinder good handwashing habits
  - ▶ ***Find out:***
    - ▶ Why children are not washing their hands
    - ▶ If handwashing sinks, soap & paper towels are available
    - ▶ If children can reach sinks, the soap, & paper towels
    - ▶ If there is adequate time available for children to wash their hands
    - ▶ If the reasons for proper handwashing have been communicated to all!



# Assess success of educational effort:

- ▶ Observe handwashing practices before, during & after the effort
- ▶ Determine if usage of soap & paper towels has changed
- ▶ Review changes in student absences
- ▶ Assist younger children:
  - ▶ Caregivers & teachers must provide assistance for children who can stand but not wash their hands by themselves
  - ▶ Who may not be able to stand on their own but can safely be supported at sink with one arm & w/o the child pressing against the sink
  - ▶ Use adaptive accessories - Aquaduck.



## Assess success of educational effort:

- ▶ If child can't stand or be safe at sink:
  - ▶ Wipe child's hands with damp paper towel moistened with a drop of liquid soap & discard towel
  - ▶ Wipe child's hands with clean, wet towel until free of soap; discard towel
  - ▶ Dry hands w/clean paper towel --- then wash your own hands!!!!
- ▶ Hand wipes and baby wipes are not permitted nor acceptable substitution for the above protocol
  - ▶ These products have ingredients (i.e. preservatives) that are not safe for children to ingest. - Think kids putting hands, fingers in mouths!

# Communicate handwashing messages:

- ▶ Decide on your handwashing message
- ▶ Develop a handwashing promotional plan
- ▶ Get participation by involving others in activities:
  - ▶ Ask children to help hang handwashing posters
  - ▶ Help children develop handwashing collage/poster to display in key locations - restrooms, eating areas, etc.
  - ▶ Create a handwashing puppet show
  - ▶ Do hands-on demo to learn proper handwashing or brush up on skill forgotten!
  - ▶ Create handwashing cheers & spirited dance routines
  - ▶ Make & wear handwashing wrist/armbands



# Proper hand washing procedure for ALL:

- ▶ Remove any jewelry & roll up sleeves
- ▶ Turn on water to warm, comfortable temperature - 60F - 120 F with *ideal temp 100F* (CACFP requires 110F)
- ▶ Moisten hands with water and apply enough soap for good lather
- ▶ While hands are out of water stream, rub hands together vigorously until soapy lather appears - 10 to 15 seconds
  - ▶ Pay attention to removing soil from underneath fingernails
  - ▶ Create friction on surfaces of the hands, arms, fingertips and areas between fingers



# Proper hand washing procedure for ALL:

- ▶ Rinse hands under running water (100F) until they are free of soap & dirt ---LEAVE water running
  - ▶ Thoroughly dry hands with single-use paper towel.
  - ▶ Turn off tap with single-use paper towel.
  - ▶ Staff who need to open a door to leave a bathroom or diaper-changing area must open door with disposable towel to avoid possible recontamination of clean hands
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- ▶ **Modeling - what to do and when to do it**
    - ▶ Small children are impressed by what we do!
    - ▶ So, to teach hand washing, wash your hands properly and consistently at all times!!



# Hand Sanitizers

Studies have been conducted on effectiveness of alcohol based hand rubs (hand sanitizers) in place of handwashing:

- ▶ **Concluded that washing with soap and water was more effective** in removing bacterial (*Clostridium Difficile*) spores, protozoan oocysts, and certain non-enveloped viruses (norovirus).
- ▶ Hand sanitizers can be effective against a number of bacteria, fungi (yeast) and viruses **BUT activity is affected by concentration and type of alcohol used, preservatives, and other ingredients**

# Hand Sanitizers

Studies have been conducted on effectiveness of alcohol based hand rubs (hand sanitizers) in place of handwashing:

- ▶ Hand sanitizers are effective against enveloped viruses (Hep B, HIV) while non-enveloped viruses (norovirus, rhinovirus, adenovirus & rotavirus) not as effective
- ▶ **Sanitizers are *not effective on DIRTY hands!***
  - ▶ Have limited use only when hand washing is not practical and **ONLY** in classroom setting and never in place of hand washing.
  - ▶ Not acceptable with CACFP.
  - ▶ Hand sanitizers contain alcohol and chemicals that young children can ingest when these products are used - and children then proceed to put their fingers in mouth.
    - ▶ Also, they smell good and young children apply and then lick them thinking it's made to eat. Kids can get alcohol poisoning & can & have died from this!

# Making it fun for kids!

- ▶ Have the hand washing area set up for “kid” comfort
- ▶ Create an appealing environment through kid-friendly décor like Sponge Bob or Little Mermaid
- ▶ Make it into a game:
  - ▶ Have children sing a fun song while washing to help mark the time - how long to wash hands - 20 seconds
  - ▶ Keep a hand washing chart & encourage children to see how many squares they can fill in per day. NO shaming.
  - ▶ Print posters or create homemade posters by the children that show proper steps for hand washing.
  - ▶ Make it a game out of each step - “What do we do first?”



# Making it fun for kids!

## ▶ Learning principles to remember:

- ▶ Children are visual and kinetic learners - they learn best by seeing and doing!
- ▶ Have young children watch you or another child wash hands, while you talk about what to do
- ▶ Have the child wash hands while you explain the basic steps again
- ▶ Small children learn best through repetition and reinforcement.
- ▶ Follow up first lesson with:
  - ▶ Story books about germs and hand washing
  - ▶ Looking at pictures of germs and quizzing how to get rid of them from our hands
  - ▶ Making pictures or posters - coloring, collages, etc.
  - ▶ Creating little skits or puppet shows about getting germs on your hands, hand washing, getting sick, etc.

# Making it fun for kids!

- ▶ Kids can't always see you washing hands, but you can Talk about it!
- ▶ Tell a story about when you wash your hands - about something icky you touched and how you washed up afterwards!
- ▶ Or mention loudly that you have to go wash your hands before helping prepare snack
- ▶ Don't forget to tattle on yourself - "Oops! I almost forgot to wash my hands..." and share why you need to and what would happen if you don't!

## Making it fun for kids!

- ▶ Talk about other role models who wash their hands - doctor, nurses, dentists, mom, dad, restaurant workers, etc.
- ▶ Wash hands together, if possible.
- ▶ Have a routine - hand washing should be part of toileting, meal time, etc. For example, when children arrive at school or get ready for lunch, have them wash their hands.

# Resources

- ▶ Henry the Hand© and the T Zone
- ▶ **The 4 Principles of Hand Awareness**
  - ▶ 1. Wash your hands when they are dirty and BEFORE eating
  - ▶ 2. DO NOT cough into your hands
  - ▶ 3. DO NOT sneeze into your hands
  - ▶ 4. Above all, DO NOT put your fingers into your eyes, nose or mouth - the T Zone
  - ▶ See more at: <http://www.henrythehand.com/healthful-tips/t-zone/#sthash.VNp3XbvC.dpuf>



# Resources

## ▶ Earths Kids:

▶ [http://www.earthskids.com/basic\\_handwashing\\_info.htm](http://www.earthskids.com/basic_handwashing_info.htm)

▶ Henry the Hand - downloadable coloring book!

▶ Henry the Hand Videos

▶ Bubble Fun



## ▶ Handwashing songs:

**Wash Wash Wash Your Hands** (*Tune of Row Row Row Your Boat*)

Wash, wash, wash your hands.

Wash them nice and clean.

Wash them on top, wash them on bottom and fingers in between.

**(Sing twice through while washing hands in bathroom)**

# Resources

## ▶ Earths Kids:

▶ [http://www.earthskids.com/basic\\_handwashing\\_info.htm](http://www.earthskids.com/basic_handwashing_info.htm)

▶ Sink the germ bean bag game!

▶ Recipe for Bubble Solution:

▶ 1 cup Dawn dish soap - the original blue!

▶ 10 cups distilled water

▶ Mix ingredients together gently!!



# Resources

- ▶ University of Nebraska Extension-Lincoln
  - ▶ <http://food.unl.edu/free-handwashing-posters-handouts-game-materials>
  - ▶ Sink those germs! - Bean bag game
  - ▶ Sink those germs hand washing posters
  - ▶ Wash your hands after posters



# Resources

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  - ▶ <http://food.unl.edu/free-handwashing-posters-handouts-game-materials>





# Resources

- ▶ Fight Bac!®
- ▶ <http://www.fightbac.org/kidsfoodsafety/>
  - ▶ Childcare resources
  - ▶ Youth materials - games and activities
    - ▶ The Perfect Picnic
    - ▶ Fight Bac!® At Picnic Park
    - ▶ Smart Kids Fight Bac!®
    - ▶ The Story of Bac! ®
  - ▶ Videos



# Resources

- ▶ Nourish Interactive - English & Spanish
  - ▶ Steps to washing your hands poster No Bacteria On My Hands Guide for Kids
  - ▶ Washing your hands-Make your own jigsaw puzzle!
  - ▶ Washing your hands worksheet - What do you need?

