



# Raise a Hand for Hygiene

**October 15 - Global Handwashing Day**

Everyone is busy with school, learning new things, making friends, doing homework and having fun! Don't let germs get in your way.

Handwashing is a skill that you will use every day for the rest of your life! Handwashing with soap is a "do-it-yourself vaccine" that, when practiced properly and regularly, prevents infections and saves lives.

October 15 is Global Handwashing Day, a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.

## Wash Your Hands the Right Way

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
3. Continue rubbing your hands for at least 20 seconds.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.

## When should you wash your hands?



Before snacks and meals



After using the restroom



After touching animals



When preparing food



When hands are dirty



When you or someone around you is ill

**About ACI:** The American Cleaning Institute has been teaching handwashing in schools in the United States since 1926.

**About CDC:** The mission of the Centers for Disease Control and Prevention is to keep Americans safe and healthy where they work, live and play.

**About Clean the World:** By recycling soap and other discarded hygiene products, Clean the World saves lives with items that traditionally end up in landfills.

**About PPPHW:** Established in 2001, the Global Public-Private Partnership for Handwashing works to save children's lives and improve health by promoting the important habit of handwashing with soap.

**Why Handwashing?** Every year, 1.7 million children do not live to celebrate their fifth birthday because of diarrhea and pneumonia. Handwashing with soap is one of the most important public health interventions in the world.



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Resources:  
[CDC.gov/handwashing](http://CDC.gov/handwashing)  
[cleaninginstitute.org/cleanhands](http://cleaninginstitute.org/cleanhands)  
[globalhandwashing.org](http://globalhandwashing.org)  
[cleantheworld.org](http://cleantheworld.org)



### Notes for the Teacher:

Children are eager to learn and you have the opportunity to teach your students important life skills. While children are busy and don't like to take time to wash their hands, there are ways to make handwashing fun with songs, crafts and games.

One of the ways children learn is through their sense of touch. As we all know germs live and thrive on surfaces that children come in contact with that can make them sick. On October 15th the American Cleaning Institute® (ACI), the Centers for Disease Control and Prevention (CDC), Clean the World and the Global Public-Private Partnership for Handwashing are working with schools throughout the country to spread awareness about the importance of handwashing with soap. Raising a Hand for Hygiene on Global Handwashing Day is an opportunity for you to incorporate handwashing into the school day and kill germs at the same time.

## Try these fun activities with your students.

### Easy Craft Idea: CUT OUT HAND SHAPES



**Materials Needed:** White paper, pencil, scissors, crayons, glue, wood craft sticks/ice cream sticks

#### Activity:

1. Have your students place their hands on the white paper.
2. Ask your students to spread their fingers just far enough apart to allow them to draw the outline of their fingers.
3. Once they have drawn the outline, have the students color the hand using the crayons.
4. As they are coloring you can use this opportunity to talk to them about the importance of handwashing and how it helps keep them healthy by removing dirt and killing germs.
5. When they have finished have them carefully cut the hand outline out of the paper and glue it to the craft stick.
6. For a chance to earn a \$100 gift card, take a group picture of your students with their finished hands, showing them "Raising a Hand for Hygiene" or make a collage with their hands to post in your classroom or hallway outside of your classroom and take a picture of it. Email your photo to: [education@cleaninginstitute.org](mailto:education@cleaninginstitute.org)

### Sing a Song: WASH YOUR HANDS EVERY DAY

**Materials Needed:** Soap and water

#### Activity:

1. Sing this song to the tune of Old McDonald had a farm.  
Wash your hands to kill the germs, eee iiiii eee iii ooooo  
Wash the tops and bottoms too, eee iiiii eee iiiii ooooo  
With soap on the top and the bottom too  
Germs just won't know what to do!  
Wash your hands every day eee iii eee iii ooooo
2. After the students have practiced the song a few times have them sing the song while washing their hands using soap and water.
3. Follow the handwashing steps on the front of this activity sheet.
4. Don't rush the words, the song should last for 20 seconds.



### Play a Game: DON'T LET GERMS CATCH YOU

**Materials Needed:** One mesh sports pinnie (from the gym class) or solid-color oversized t-shirt

#### Activity:

1. Tell your students that germs can spread fast (on contact – germs don't follow the 10 second rule). Handwashing can help keep germs away.
2. This game is similar to freeze tag.
3. Give your students the game boundaries and start and stop signals.
4. Ask for a volunteer to be the "germ" (and puts on the sports pinnie or t-shirt).
5. Students can stay healthy by running away from the "germ"! On your signal, the "germ" tries to make the other students "sick" by tagging them.
6. "Sick" students don't get to have fun so they have to stand still until the "germ" makes all the students "sick" or until you give the signal to stop.
7. Repeat steps 4-7 until you are out of time.



For more information about teaching handwashing and other resources, visit [cleaninginstitute.org/globalhandwashingday](http://cleaninginstitute.org/globalhandwashingday)



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