



George Latimer
County Executive

Sherlita Amler, M.D.
Commissioner of Health

Dear Educator,

We'd like to help you keep your staffers and students healthy this season and avoid Norovirus, flu and other disease outbreaks at your schools.

Thorough and effective hand washing is the best way to avoid the spread of disease. Unfortunately, few people wash their hands thoroughly.

To help your staffers learn the right way to wash, the Westchester County Health Department wants to provide you with a free teaching tool and hands-on training that can help correct the hand washing mistakes that spread disease. This demonstration will be brief, can be conducted at a staff meeting and will provide little disruption to your schedule.

Sign up by clicking on this link <http://tinyurl.com/healthyhands> and a health department instructor will contact you to set up a day and time for the training. Once you and your staff have tried this tool, with its fake germs that glow white under a black light in the places where people miss when they wash, they are sure to remember how to wash properly. This teaching tool never fails to engage and impress. When done correctly, hand washing is the simplest and most effective way to prevent the spread of many illnesses like the common cold, flu, strep throat and intestinal infections.

The hand washing training session will equip your staffers with the resources and skills to teach proper hand washing techniques to new hires and others who may miss our demonstration at your facility. A health department employee will follow up with you after our visit to ask about how many subsequent demonstrations you have held at your schools and how many people were trained.

We look forward to working with you to help Westchester residents stay healthy.

Sincerely,

Sherlita Amler, MD
Commissioner of Health





Healthy Hands Club Enrollment Form



_____ Yes, I am interested in enrolling _____ (name of School District)
in the Westchester Healthy Hands Club.

Please contact _____ (Designated contact person for School
District – i.e., school nurse, health teacher) at _____ (phone number) to schedule
the trainings for our staff.



Please fax this completed form to:

Mr. Patrick Quinn

Westchester County Department of Health

Division of Health Promotion

Fax # 914-813-4297

or email to healthpromotion@westchestergov.com



**Westchester
gov.com**

Westchester County Department of Health



Healthy Hands Club Presentation Guide






**Learning how to wash
hands the right way**

Healthy Hands Club

Importance of Proper Hand Washing Technique for you (the trainer)

- 
- I. Single best defense against spreading germs in order to stay healthy.
 - II. Helps prevent the transmission of germs and illnesses from school to home.
 - III. Studies show that only 68% of Americans wash up before leaving public restrooms.
 - IV. There is an ongoing need to educate and reinforce this simple line of defense against illness.
 - V. Ensuring that children and adults know the correct way to wash their hands will help control the spread of upper respiratory infections like colds, coughs, or flu, and intestinal infections, including those that cause diarrhea.
 - VI. It is the most cost-effective way to decrease the spread of illness.
 - VII. Hand washing is the single greatest public health service a person can do.

Contact Information:

Patrick Quinn

Division of Health Promotion

(914) 995-6588, PMQ1@westchestergov.com

Visit www.westchestergov.com for more information





**Learning how to wash
hands the right way**

Healthy Hands Club



Presentation outline

I. Talk about ways germs get into your body:



1. Mouth
2. Nose
3. Ears
4. Eyes
5. Cuts/scrapes

Explain that germs may be present even if they are not seen.

II. Explain the best times to wash your hands:

1. After using the bathroom
2. Before eating – breakfast, lunch, dinner, snacks
3. After handling a pet
4. After being around someone who is sick
5. Before, during and after helping an adult cook
6. After playing outside
7. After coughing or sneezing (note: explain the proper way to cough or sneeze into the inside of the elbow)
8. After touching garbage

III. Explain how to wash your hands:

1. Dispense paper towel, if available
2. Wet hands
3. Use warm water
4. Apply soap
5. Scrub every part of hands vigorously for at least 20 seconds
 - a. Sing ABC song or Happy Birthday twice (about 20 seconds)
6. Rinse and dry hands
7. Turn off faucet and open door with paper towel





*Learning how to wash
hands the right way*

Healthy Hands Club



Presentation outline (continued)

- IV. Alternatives:
 - 1. Hand Sanitizers
 - 2. Antibacterial Soap



- V. Seasonal topics:

Westchester County Department of Health will provide outlines on seasonal topics that can be incorporated into the Healthy Hands hand washing training; i.e.: flu precautions, Lyme disease, West Nile virus, rabies, etc.





**Learning how to wash
hands the right way**



Healthy Hands Club

Using the Hand Washing Kit



- I. Apply a tiny drop of the hand washing lotion to the child's hands. A small drop is all that is needed.
- II. Instruct the child to rub in the lotion and then look at the "fake germs" under the black light. The "fake germs" will glow under the light.
- III. Have the child go to the sink and vigorously wash his/her hands as was described.
- IV. After washing his/her hands, the child will come back to the black light and check if any spots were missed on the hands. The spots that were missed will still glow.
- V. If the child missed any spots remind him/her to wash that area better next time. These are areas where germs could "hide." The child does not have to wash again.
- VI. This activity does not show real germs. It shows how well the children wash the "fake germs" off their hands.
- VII. Go over the key points: how germs get into the body, when to wash your hands and to wash for at least 20 seconds.





**Learning how to wash
hands the right way**

Healthy Hands Club

Hand Sanitizers

- I. Second best line of defense against germs.
 1. Use an alcohol-based hand sanitizer that contains at least 60% alcohol.
 2. Can quickly reduce the number of germs on hands in some situations, but sanitizers do **not** eliminate all types of germs.
 3. Not effective when hands are visibly dirty.

- II. How do you use hand sanitizers?
 1. Apply the product to the palm of one hand.
 2. Rub your hands together.
 3. Rub the product over all surfaces of your hands and fingers until your hands are dry.

Antibacterial Soap

1. Not necessary (use regular soap).
2. Does not kill viruses.
3. May contribute to the growing problem of antibiotic resistance.





Healthy Hands Club

Word Scramble



Unscramble the words below:

1. ergms _____

2. hndsa _____

3. ealrth _____

4. lnais _____

5. enirs _____

6. csubr _____

7. opas _____

8. isol _____

9. rvosugoi _____

10. sruvi _____

11. wahs _____

12. rwaet _____





Healthy Hands Club

Hand Washing Word Find

M	T	D	B	U	R	C	S	B	Y	L	L	V
P	Z	X	C	T	A	K	S	M	R	E	G	E
G	M	E	N	R	O	B	D	O	O	F	Q	K
A	J	X	Y	P	I	V	R	S	S	J	O	W
Z	F	P	S	P	D	T	I	A	D	O	F	H
H	V	Z	S	S	O	O	O	R	G	N	A	F
V	Z	V	L	A	T	H	E	R	U	C	A	P
X	E	I	H	S	A	W	G	T	H	S	E	H
X	O	S	G	N	R	I	N	S	E	O	G	C
S	N	A	I	L	S	U	O	R	O	G	I	V
W	A	T	E	R	S	P	G	E	T	R	O	F
N	D	D	N	O	C	E	S	Y	W	F	Y	U
I	O	F	S	C	I	H	N	N	Y	C	W	A



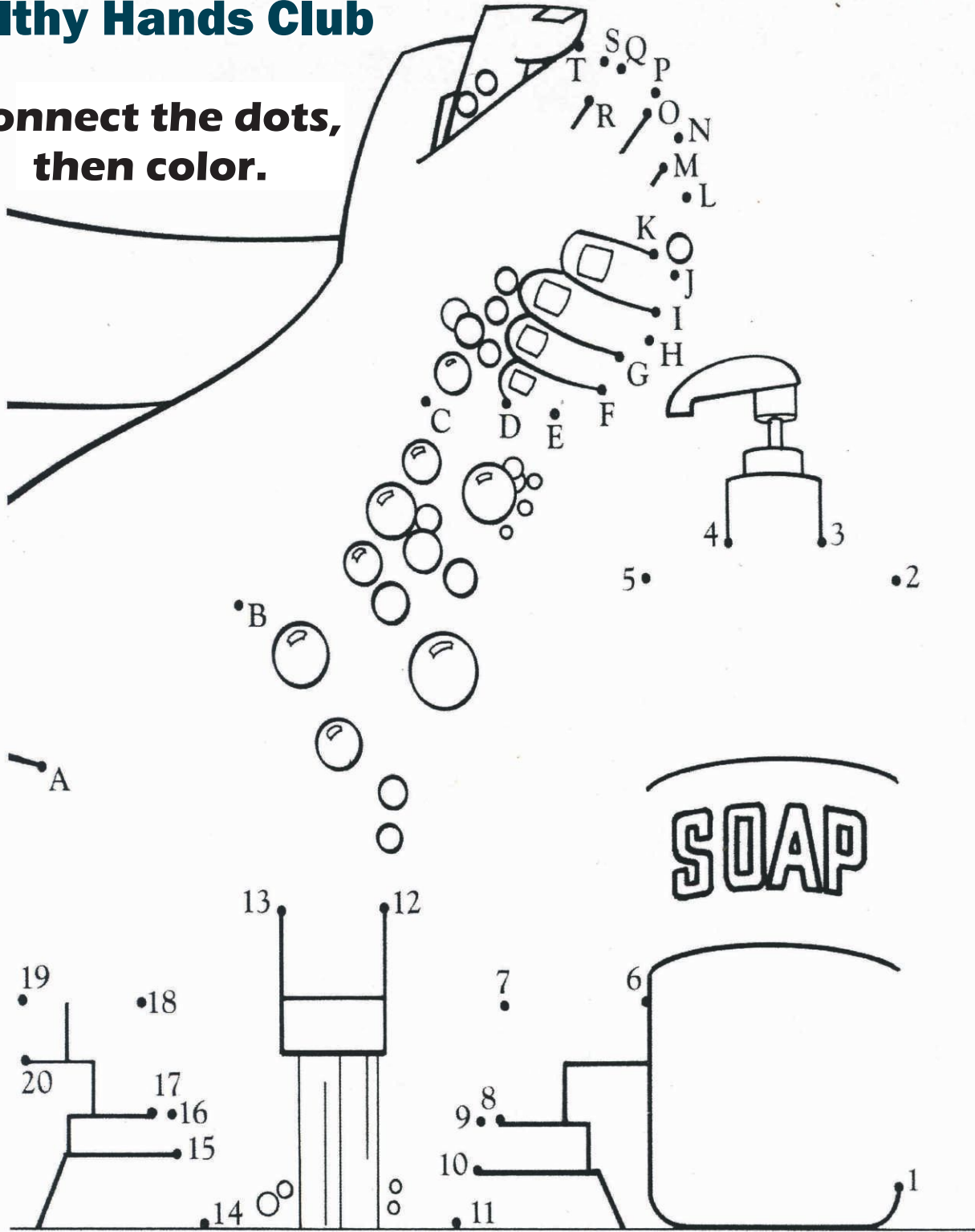
germs
hands
lather
nails
rinse
scrub

soap
soil
vigorous
virus
wash
water

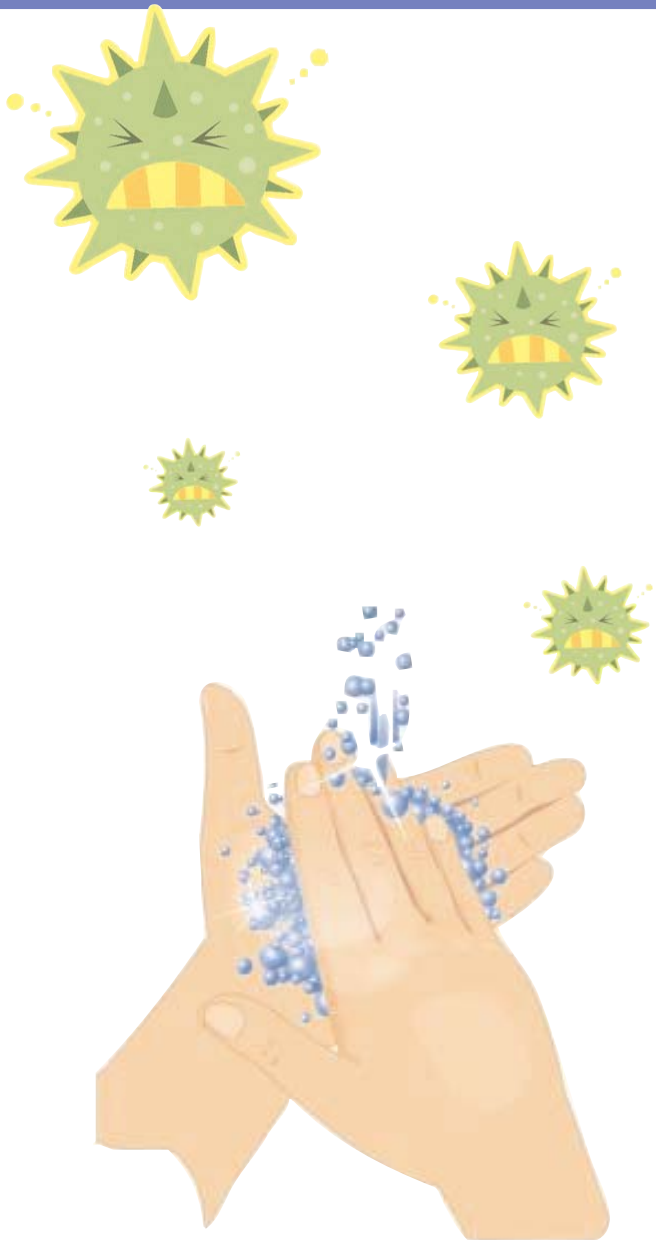


Healthy Hands Club

Connect the dots,
then color.



I, _____, pledge to always
wash my hands.



**Healthy
Hands Club**

Germinator Terminator Certificate

Presented to

Has learned how to wash hands the right
way and is a member in good standing.

Signature

Date

Healthy Hands Club

STOP DISEASE IN ITS TRACKS

**WASH
your
HANDS**



How

- Use soap and running water
- Rub your hands vigorously for 20 seconds
- Wash all surfaces, including the back of hands, wrists, fingernails and between fingers
- Rinse well
- Dry hands with paper towels
- Turn off water using a paper towel instead of bare hands

When

- After touching animals
- After playing outside
- After coughing and sneezing
- Before and after eating
- After using the bathroom

**and do it
the right way!**



Healthy Hands Club Hand Washing Internet Resource List



The following is a compilation of resources that can help provide you with the tools needed to conduct a hand washing campaign. This list and other hand washing resources can be accessed by visiting health.westchestergov.com

1. **www.brevis.com** – here you will find a wealth of infection control products for medical, educational and food service industries.
2. **<http://www.cdc.gov/handwashing/>** - The Center for Disease Control site provides resources to significantly improve health and save lives through clean hands.
3. **<http://www.itsasnap.org/index.asp>** - School Network for absenteeism prevention.
4. **<http://www.scrubclub.org/home.aspx>** – A fun, interactive and educational Web site (www.scrubclub.org) that teaches children the proper way to wash their hands.

