Germs: Hand, Body and Hair Washing

**Objective:** The students should understand the definition of germs, their locations and how to avoid them.

**Materials Needed:**
- Pre-test
- Germ poster
- Hand-washing poster
- Soap (one for every student)

**Lesson Outline:**

A. First SHINE lesson: conduct SHINE content pre-test.

B. Germs

- Definition of germs: what are they?
  - Germs are small, microscopic things that carry disease and can harm our health.
- Effect of germs on physical health: what do they do to our bodies?
  - Germs can go inside our bodies and make us ill, sick, and maybe feel pain. Some types can make our stomachs hurt.
- Location of germs: where are they found?
  - Germs can be found in food, in the bathroom, on our bodies, in unclean water, dirt and soil, raw meats, raw fish, and unwashed fruits and vegetables.
- Disease, contamination: what happens when germs get inside our bodies?
  - Symptoms such as: diarrhea, vomiting, headaches, nausea and fever. When germs enter our skin, where we have a wound or a scratch, it is possible to have a skin infection.
- How do germs get on, inside our bodies?
  - When we don’t wash our hands before we eat, after using the bathroom, after playing with our friends, after touching raw meats, and unclean veggies and fruits, and after sneezing into our hands and wiping our noses.
- Why is it important to clean wounds?
  - Cleaning wounds helps protect our skin by keeping germs from staying inside our open cuts. Also, helps to heal our wounds faster.

C. Hand-washing

- Why does hand-washing help kill germs?
  - Washing hands with soap will kill the germs that live on your hands.
- When do I wash my hands?
  - We need to wash our hands at each of these moments:
    - **After:**
      - Using the bathroom
      - Sneezing into our hands,
      - Eating food
      - Touching raw meat, raw fish, and unclean veggies and fruit.
    - **Before:**
      - Eating food or fruits and vegetables
Cooking/touching other people’s food.

How to wash hands properly: (staff demonstration).

D. Body and Hair-Washing

- Why is it important to wash hair and body to kill germs?
  - Washing your body and hair is important because it will wash germs off your body. Using soap will kill germs.
- Why is soap better than plain water?
  - Plain water won’t kill germs, so we should wash our bodies with soap and shampoo.
- Why do we wash hair with shampoo?
  - We need to use shampoo when we shower because it will prevent lice and fleas. Advise to use soap if they don’t have access to shampoo.

Possible Activities

1. **Flour Game**

   **Target age:** Preschool and Primary School
   **Materials Needed:** Flour
   **Instructions:**
   - Select 4-5 students to be the “germs”. Have them put lots of flour on their hands and instruct them to try and tag all the other students. If a student is tagged by a “germ,” then the student has to freeze. The coordinator should also instruct the “germs” to touch the walls, desks, pencils, or other items around the classroom to show that germs spread to objects, and not just people. Play until all the students are frozen.
   **Main Message:** Demonstrate how germs spread from person to person. Highlight importance of killing germs with soap.

2. **Role Play: Cleaning a Wound.**

   **Target age:** Preschool and Primary
   **Materials Needed:** Red paint, soap and makeshift props for the patient and doctor.
   **Instructions:**
   - Ask for two volunteers to come to the front of the class. One student is the patient and the other the doctor. For the doctor provide something to represent a stethoscope and a hat. Put a red line on the patients arm to represent a cut then the doctor cleans the cut with water and soap and instructs the patient to continue washing the cut at least two times a day.
   - Split the class into 3 groups. Have each group select two or three people to participate in the race. Once the participants are selected have them come to the front of the classroom. For each of the three groups, paint a small red line on one of the students’ arm. He/she will be the wounded person. After there are three students with “cuts” the race will begin. Instruct the other two participants that they will have to clean the red paint with soap and water then wrap the cut with a cloth. They can tie the cloth or use string to tie. Whoever finishes first is the winner.
   **Main Message:** Review with the students the importance of keeping a cut clean and safe from germs.
3. **Draw Location of Germs**  
**Target age:** Primary  
**Materials Needed:** Paper and crayons  
**Instructions:**  
- Split the class into groups of three. Have each group think of at least three places where germs are found on the body, in the house or classroom, and outside. Have them work together to draw and write where the germs are found and then each group can share with the rest of the class what they have drawn. After the students have shared where germs are located, ask a student to share how we can kill those germs.  
**Main Message:** Review with the students where germs are found and how to stop those germs from spreading further.

4. **Hand Washing Song**  
**Target age:** Preschool and Primary  
**Materials Needed:** Handout for the students with words to the song.  
**Instructions:**  
- See Lao handout for song.  
**Main Message:** Students will remember and can sing this song while washing their hands.

5. **Hand washing Contest**  
**Target age:** Primary  
**Materials Needed:** Oil, soap or hand-wash, crayons  
**Instructions:**  
- Ask for seven volunteers to play the game. Facilitator paints students’ hands with oil or washable marker ink. Then let them clean their hands with soap or hand wash. The winner is the one who finishes first, and gets a set of crayons as a prize. The losers must sing a song.  
**Main Message:** Students know the steps of how to wash hands and clean their hands with soap as behavior.

6. **Germs vs. Soap Game: Soap breaks through the germ barrier.**  
**Target age:** Preschool and Primary  
**Materials Needed:** None.  
**Instructions:**  
- Have 14 students stand in two rows (two teams), with seven students per row. One row is the “germs” and the other is “soap”. The rows are about three meters apart and face each other. Have remaining students walk through in the middle of the two rows one by one. As the person is walking through, the germ team tries to catch the person, and the soap team should help the person to get away from the germs. The winner is the team that has the most people at the end.  
**Main Message:** Understand that germs are harmful and that soap is important for keeping germs away.

7. **Get out of the Germs**  
**Target age:** Preschool and Primary
Materials Needed: Something to represent soap: either a soap bottle or picture.

Instructions:
- Have a small group of students form a circle in the center of the classroom. Have the remaining majority of the students join hands and form a circle around them. They will represent the “germs”. Set the soap poster or bottle somewhere in the classroom. The students inside the circle will try to escape the germs to reach the soap. Instruct the “germs” to walk circling the inner students trying to block the students from getting out of the circle. The goal is for the students to escape and reach the soap, proving that soap can beat germs.

Main Message: The students understand the importance of using soap to fight germs.

Take Home
- Teach your friends the sing-a-long for washing hands.
- Hang up your poster in your village, house, school, kitchen or bathroom.
- Practice washing hair and body using shampoo, soap and clean water at home.