Hygiene Education



***Health - It's in Your Hands***

**Did you Know?**

You can prevent the spread of Salmonella, Hepatitis A and Shigellosis just by washing your hands? Proper and frequent hand washing is the best way to avoid getting these and other contagious diseases. It also works to combat germs like those that cause the flu or the common cold.

**Handy Hygiene Tips**

**Fingernails**

Keep nails natural, short and clean.  
Bacteria can grow under artificial nails.

**Jewelry**

If you wear it, wash it.  
Avoid wearing rings, watches and bracelets while preparing foods.

**It's As Easy As...**

Using warm, running water and soap; liquid soap is the best choice.  
  
Rubbing your hands together vigorously for 20 seconds, paying special attention to cleaning underneath the fingernails.  
  
Rinsing soap off thoroughly and drying hands with paper towels or a hot-air dryer.

**It's Time To Wash!**

* Before and after eating meals and snacks
* Before preparing, serving or eating food
* After using the toilet or assisting others in the bathroom
* After changing diapers
* After handling money
* After sneezing, coughing or blowing your nose
* After playing with or petting animals
* After smoking

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| **Hepatitis A** | **Salmonellosis** | **Shigellosis** |
| **... is caused by a virus. Persons infected with the virus may have a fever, nausea, vomiting, stomach pain and jaundice, a condition that causes eyes and skin to turn yellow. Hepatitis A is spread through fecal-oral contact.** | **... is caused by the Salmonella bacteria in contaminated food. Symptoms similar to hepatitis A will be present. Severe cases may result in death.** | **... is caused by Shigella bacteria. Persons infected with the bacteria will show symptoms similar to hepatitis A, with the addition of diarrhea. Shigellosis is spread through fecal-oral contact.** |

**Mythical and Mysterious Germs**

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| **Myth** | **Fact** |
| The bathroom is the dirtiest place in the home. | Your kitchen is the dirtiest place in your home. Sponges and rags harbor bacteria; change frequently. |
| You don't have to worry about getting hepatitis A, Salmonella or Shigellosis, because it doesn't happen to "people like you." | These diseases don't discriminate. People of any gender, age ethnic background or economic status can get hepatitis A, Salmonella or Shigellosis. |
| It's okay to use the same knife and cutting board for chopping vegetables and cutting meat. | Between preparing meats and other foods, always thoroughly wash knives, utensils, cutting boards, and counter tops with soap and water. Thoroughly wash hands with warm water and soap after touching any raw meat. |

#### Hand Washing Lesson Plans

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| **Lesson Plans** | **Activity** |
| [Kindergarten 1](http://slcohealth.org/programs/hygieneEducation/lessonPlans/kindergarten.pdf) (112 KB) and [2](http://slcohealth.org/programs/hygieneEducation/lessonPlans/kindergarten2.pdf) (112 KB) | [Color Me](http://slcohealth.org/programs/hygieneEducation/lessonPlans/colorMeKndrgrtn.pdf) (98 KB) |
| [Grade 1](http://slcohealth.org/programs/hygieneEducation/lessonPlans/grade1.pdf) (314 KB) | [Color Me Puzzle](http://slcohealth.org/programs/hygieneEducation/lessonPlans/colorMeGrd1.pdf) (194 KB) |
| [Grade 2](http://slcohealth.org/programs/hygieneEducation/lessonPlans/grade2.pdf) (151 KB) | [Connect the Dots](http://slcohealth.org/programs/hygieneEducation/lessonPlans/connectDotsGrd2.pdf) (387 KB) |
| [Grade 3](http://slcohealth.org/programs/hygieneEducation/lessonPlans/grade3.pdf) (85 KB) | [Word Search](http://slcohealth.org/programs/hygieneEducation/lessonPlans/wordSearchGrade3.pdf) (232 KB) |
| [Grade 4](http://slcohealth.org/programs/hygieneEducation/lessonPlans/grade4.pdf) (218 KB) | [Word Scramble](http://slcohealth.org/programs/hygieneEducation/lessonPlans/wordScrambleGrd4.pdf) (205 KB) |
| [Grade 5](http://slcohealth.org/programs/hygieneEducation/lessonPlans/grade5.pdf) (94 KB) | [Crossword Puzzle](http://slcohealth.org/programs/hygieneEducation/lessonPlans/crosswordGrd5.pdf) (111 KB) |
| [Grade 6](http://slcohealth.org/programs/hygieneEducation/lessonPlans/grade6.pdf) (115 KB) | [Secret Code](http://slcohealth.org/programs/hygieneEducation/lessonPlans/codeGameGrd6.pdf) (140 KB) |