



Appendix B - Hand Washing Instructions

In each GHK lesson, students must wash their hands before preparing and tasting food. Students also wash their hands after working in their indoor or outdoor garden. Prior to teaching the GHK curriculum, talk to the Classroom Teacher to ensure that the class has access to a sink with running water where students can expediently and properly wash their hands.

At each opportunity, remind students of proper hand washing technique.

There are some things you can do to help keep yourself, and your family and friends safe from harmful germs.

- *Cough into your shoulder, not your hands. (Demonstrate)*
 - *Don't share your drinks, gum or food with your family or friends.*
 - *Don't double dip when tasting or eating food also served to others. Use a clean spoon for each taste, not your finger.*
 - *Wash your hands before you prepare or eat food, after you go to the bathroom or take out the garbage, touching hair, face, or body/clothes; after handling food that will be cooked before eating.*
- Ask youth for examples: sneezing or coughing, or eating.

Suggestions for Efficient High-Speed Hand Washing

- Explain and show pictures from publication *Stop Germs: Wash Your Hands* (Spanish and English versions attached).
- Then mime or demo how to wash hands.

Washing hands properly takes about a minute. Having the whole class wash their hands one at a time can take a long time, but there is a trick that we can use to make this whole process take only 5 minutes for the whole class!

Explain how the High-Speed Hand Washing method works: A group of 6 youth can quickly wash hands:

- With an adult to encourage quickness, Youth #1 gets hands wet, shakes off excess water, applies soap, then goes to the end of their group line to lather up. Youth sings *Row, Row, Row Your Boat* or *Happy Birthday* song while lathering hands. Sing twice (20 seconds) while lathering.
- Repeat with other youth. (They may be able to do a round!).
- When Youth #1 gets to front of line again the youth rinses well, and then gets a paper towel (also handed to them by an adult).

Hand Sanitizers

When a sink, running water and soap are not readily available, alcohol-based hand sanitizers offer a quick and easy alternative. No water is needed. Students squirt some into the palm of their hand and thoroughly rub their hands together until they are dry. Waterless hand sanitizers are not the best option, however, when hands are visibly dirty.