



HYGIENE SCHOOL BOOK

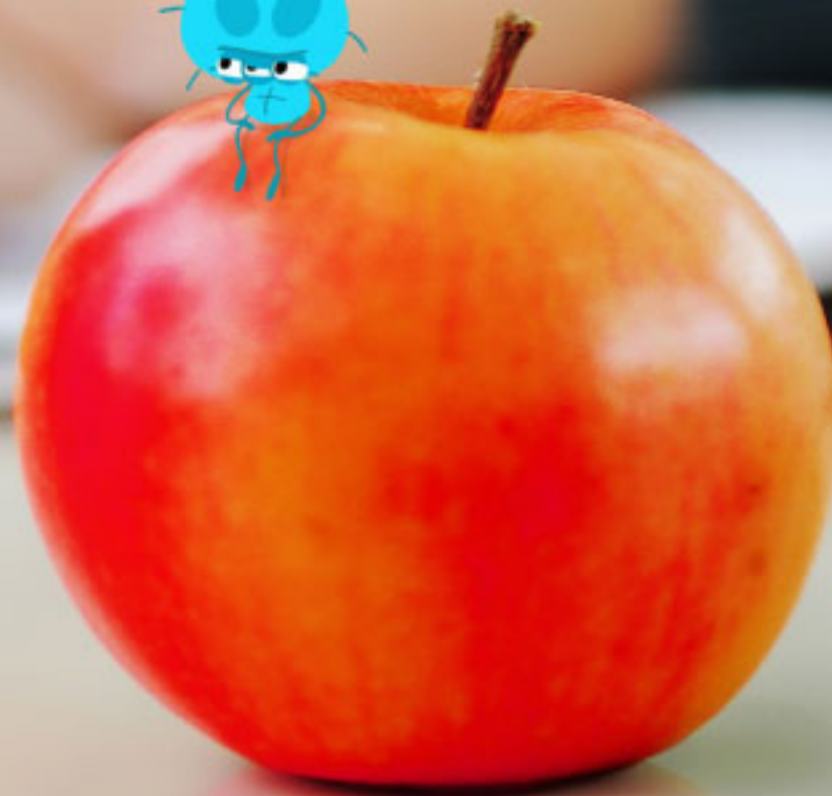


Learn how to wash and dry your
hands and stay healthy



2nd edition

TEACHER'S
MANUAL



“The Hygiene School Book caught the children’s attention. All pupils had a copy of their own exercise book and they worked with it for 45–60 minutes. The “Hide and Seek” game was especially appreciated and fun. They found all the germs, and then we related this to our own classroom. I will certainly use the material again!”

**– Lena Saari, Primary School teacher
in K ppplunda School, Sk vde Sweden**

DEAR EDUCATOR,



The Hygiene School Book is intended to give the basic information about why, when and how hands should be washed. It also includes fun exercises and activities to be carried out in the classroom.

According to World Health Organisation, turning hand washing with soap before eating, and after using the toilet, into an ingrained habit could save more lives than any single vaccine or medical intervention. With a long tradition of cooperation in the school environment, we at Katrin are proud to promote and improve good hand hygiene amongst the next generation. We wish you a successful and healthy term!

DID YOU KNOW?

- 80 % of all infections are transmitted through touch¹
- At schools, proper hand hygiene can cut absenteeism by up to 50 %²

1) *Clean hands every time! Feb 2011. Department of Health, Isle of Man Government.*

2) *The Clorox Company, "Office Germs Research 2006" Results*



A SHORT HISTORY OF HAND HYGIENE...

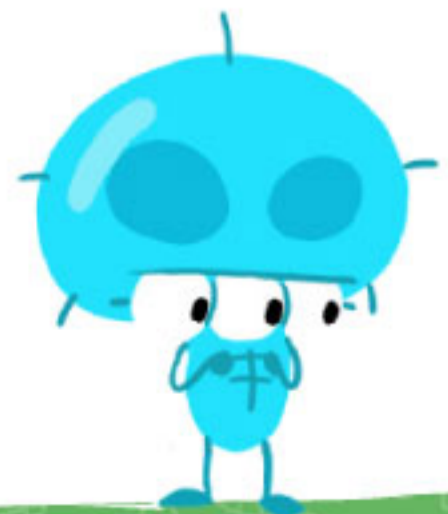
Since man evolved, there has always been a need for hand washing.

At first, sand was used to remove dirt from hands but the beginning of the modern soap dates back to Roman times. For a long time, hands were washed for convenience's sake: to avoid unpleasant odours, to get a better grip and so on. It took a long time to find out that hand hygiene and the prevention of infections were closely connected.

In 1847 Hungarian-born physician Ignaz Semmelweis noticed that fatal childbed fever occurred more frequently in women who were assisted by medical students, compared with those who were assisted by midwives. The reason was that medical students often rushed to help after performing autopsies – without washing their hands in between. After Semmelweis's observation, hygiene started to improve in hospitals.

TOPIC FOR DISCUSSION IN THE CLASSROOM

Most animal species keep themselves clean, in one way or another. Ask if your pupils know how different animals clean themselves.





...AND THE LACK OF IT!

All these diseases could have been prevented with proper hand hygiene

- 1634** Smallpox killed 95 % of the American Indians
- 1812-13** Just 30 000 of Napoleon's 600 000 troops survived outbreaks of typhus and dysentery
- 1861-65** Three times as many Civil War soldiers fell victim to dysentery, typhoid fever, smallpox and measles than were killed in battle
- 1918** The most lethal influenza epidemic ever swept the world with troops in World War 1, killing 20 million to 40 million

But the future looks brighter: hand hygiene had a crucial role in controlling the recent H1N1 pandemic!

Sources:

Katrin Hand Hygiene training programme for healthier environment (2007).

Evolution of Personal hygiene, Ingrid Koo, Ph.D , About.com (2008).



AMAZING FACTS ABOUT BACTERIA

DID YOU KNOW?

- An average office desk can be contaminated with 100 times more bacteria than the kitchen table and 400 times more bacteria than the average toilet seat
- The area where you rest your hand on your desk has, on average, 10 million bacteria
- A mobile phone carries 18 times more potentially harmful germs than a flush handle in a men's toilet
- The number of bacteria present on an elevator button is almost 40 times higher than on a public toilet seat

SOME BASIC RULES

- Micro organisms grow and multiply in standing water
- Do not dip or wash your hands in a basin that contains standing water, even if an antiseptic solution is added!
- Always use running water
- Warm water dissolves the soap's substances better than cold water
- Always rinse your hands under warm water, it's more effective and much more pleasant!

DISCUSS ALSO:

NOT ALL BACTERIA IS BAD FOR PEOPLE AND TOO MUCH HAND WASHING MAY IRRITATE THE SKIN. KEEP IT REASONABLE. HAVE FUN AND STAY HEALTHY!



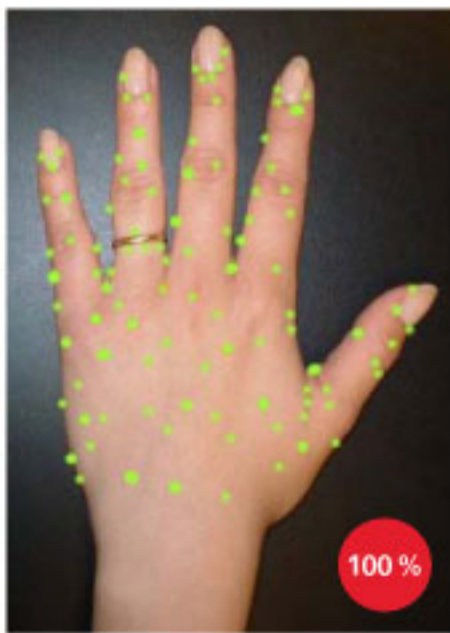
Sources:

Katrin Hand Hygiene training programme for healthier environment (2007).

The Clorox Company, Office Germs Research. (2006)

WHY DRY?

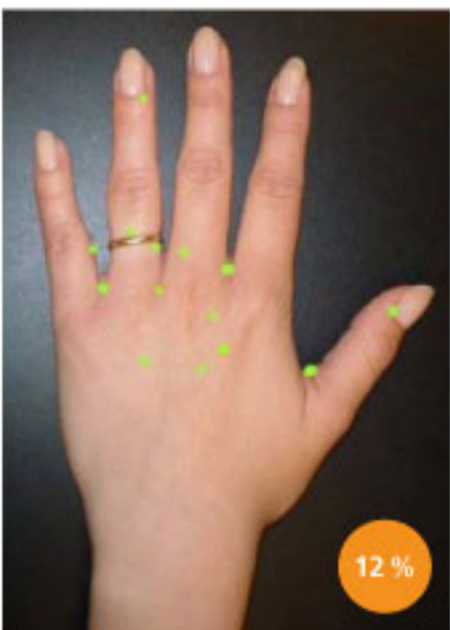
After washing hands, proper drying is essential. Below you can see how much the bacteria decreases in each step.



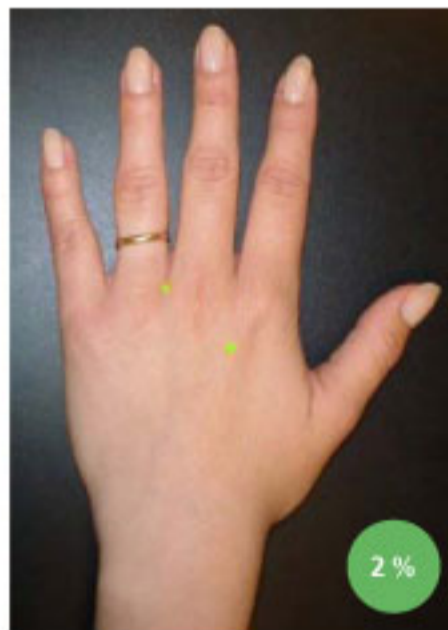
Contaminated hands



After using just soap and water



After using just water and single use towel



THIS IS THE RECOMMENDED WAY

The best result: using soap, water and single use towel decreases the bacteria the most

UTILISING THE HYGIENE SCHOOL BOOK

We realise that as a teacher, your time is limited. There are just so many topics to teach! That's why we have broken down the content of the school book into three easy modules which you can utilise whenever you have time. This module approach also helps to keep hand hygiene in the pupils' minds for a longer period of time.



HYGIENE PASS

The Hygiene Pass is intended to reward your pupils for learning. The idea is that pupils can colour golden stars after completing tasks that are marked as hygiene star exercises. When all stars have been coloured, the pupils can cut out the Hygiene Badge and proudly claim the title of "bug hunter". The badge could be attached with sticky tape. As alternative for colouring in, you may like to apply a gold star sticker.

1ST PHASE: THE BUG BASICS AND HOW TO WASH

General information about "tiny villains and heroes" and importance of hand hygiene.

2ND PHASE: WHEN TO WASH

There are plenty of situations when handwashing pays off and this module helps to memorise them all.

3RD PHASE: KEEPING IT UP

At its best, hand hygiene becomes a natural habit. This module concentrates on keeping up hand washing.

NOTE! CORRECT ANSWERS FOR THE EXERCISES CAN BE FOUND AT THE END OF THIS BOOK AND AT THE END OF THE PUPILS' BOOKS AS WELL.



1ST PHASE: THE BUG BASICS

WHAT TO COMMUNICATE?

Introduce the exercise books and talk about the Hygiene Pass. Before going to the exercises, elaborate pages 2–5, introduce bugs and the meaning of hand hygiene. Use anecdotes, such as these:

- Most of the tiny creatures inside our body and on our skin are completely harmless and some of them are very useful.
- There are 5 million bugs on the skin of your hand and 500 million bugs under a ring (use country populations to help them understand the scale of the numbers).
- The average human hand houses 150 different species of bug, which can cause a range of diseases and may result in fevers, headaches, tummy ache and sickness.

ACTIVITIES

ACTIVITY

Pass the Bug -game,
page 5

**Learning hand
washing,**
page 8

Guess where?

EXPLANATION

The children form a circle and shake hands with paint, glitter or flour in them to explore how bugs spread.

Go through hand washing step by step with your pupils. A good way to measure time for hand washing is to say the alphabet.

Let your pupils guess where there are most bacteria at home.

WHAT YOU NEED?

Paint, glitter or flour

Water station, soap, towels.

Correct answers:
1. Toilet bowl
2. Kitchen drain
3. Kitchen sponge
4. Bathtub
5. Kitchen sink

REMEMBER! CHECK THE COMPLETED EXERCISES AND GIVE PERMISSIONS TO COLOUR SHINING STARS ACCORDINGLY IN THE HYGIENE PASS.

HOMEWORK OR SUPPLEMENTARY TASKS:

School Book page 16 & 18. Check if the task is correct and award your pupils with shining hygiene stars.



2ND PHASE: WHEN TO WASH?

YOUTUBE! INSPIRE YOUR PUPILS WITH OUR BUG VIDEOS - GO TO [YOUTUBE.COM/KATRINSOLUTIONS](https://www.youtube.com/katrinsolutions)

WHAT TO COMMUNICATE?

Discuss with your pupils where bugs can be found: usually places which are not cleaned regularly and which a lot of people touch daily, like door knobs. Talk about the things that we all could do in order to prevent diseases from spreading, like remembering to wash our own hands and also reminding our peers to do likewise.

ACTIVITIES

ACTIVITY	EXPLANATION	WHAT YOU NEED?
Hide and seek -exercise, pages 6–7	Let the pupils find and circulate germs on the drawing. Go through the task and find correct answers from the end of both books.	Hygiene school books and pencils or felt-tip pens
When to wash your hands -exercise, page 9	Let the pupils fill in the missing words. The correct answers can be found from the end of both books.	Hygiene school books and pencils
Class hygiene rules, page 9	Create class hygiene rules together, write them down and hang them on class-room wall. Decorate with pupils' hand artworks, page 17, see 3. phase.	Big paper & colouring pencils (+Hygiene school book page 17)
The Jumping Paper Bug, page 10	Use the paper of page 11–12. Fold the figure together with children step by step.	Hygiene school book page 11–12

HOMEWORK OR SUPPLEMENTARY TASKS:

School Book page 13. Check if the task is correct and award your pupils with shining hygiene stars.

REHEARSE HAND WASHING EVERY DAY. PRACTICE MAKES PERFECT!



3RD PHASE: KEEPING IT UP



FIND US PLAYING IN
[YOUTUBE.COM/KATRIN SOLUTIONS!](https://www.youtube.com/katrin_solutions)

WHAT TO COMMUNICATE?

At this point, your pupils have probably understood the importance of hand washing. Phase three is all about repeating key learnings and thinking of ways to spread the message. Prepare the counters and dice for the Beat the Bugs Board Game (see School Book appendix available at katrin.com) or ask the children to bring these from home in order to play the game. The game rules you will find from the manual page 15.

ACTIVITIES

ACTIVITY

Connect image and text -exercise,
page 19

EXPLANATION

Refresh the pupils' memory about hand washing.

WHAT YOU NEED?

Hygiene School Books, pencils

Draw your hand -exercise,
page 17
(can be connected with phase 2, class hygiene rules)

The pupils can draw hands by using their own hands as models. Let the pupils guess which spots in hands contain the most bacteria after hand washing. Give the right answers (in the end of this manual) and let children cut out, colour and decorate the paper hands.

Hygiene School Books, pencils/crayons, scissors, glue

View Bacteria Videos
(YouTube/Katrin Solutions)

If you have an internet connection, view Bug Videos in [youtube.com/user/katrinsolutions](https://www.youtube.com/user/katrinsolutions)

Computer, an internet connection, data projector

Decorating school water stations,
page 9

Decorate hand washing stations at your school to emphasize the meaning of hand hygiene. Make signs and posters, colour them attractively.

Paper, finger paint, water colours, glue, scotch tape, page 17 pupils' hand artworks

HOMEWORK OR SUPPLEMENTARY TASKS:

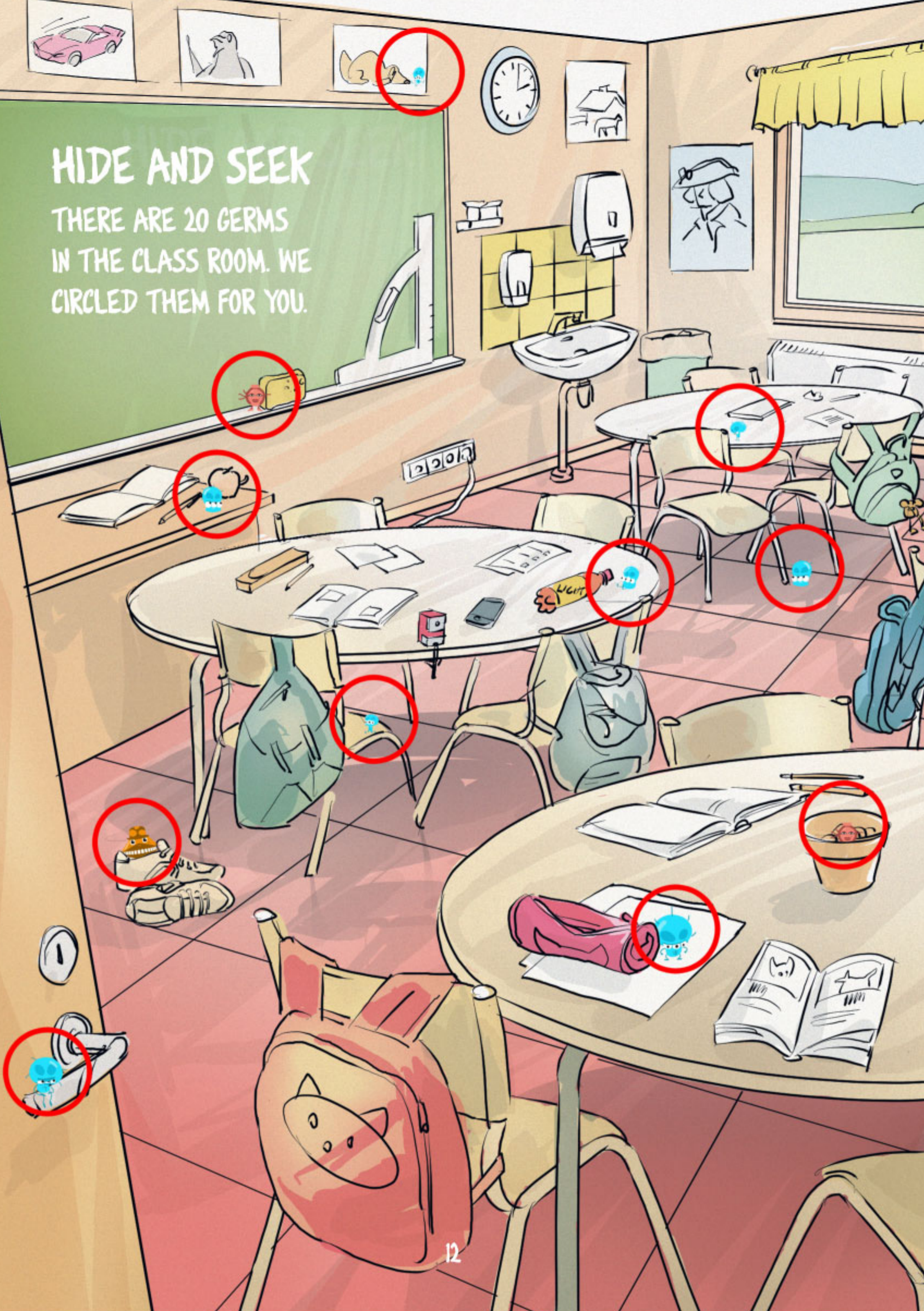
Reward the children and give them a chance to play the board game on pages 14–15. Encourage them to play with their own families too. Appendix with dice and counters is available to be printed out as part of downloadable Hygiene School Book in Katrin.com.

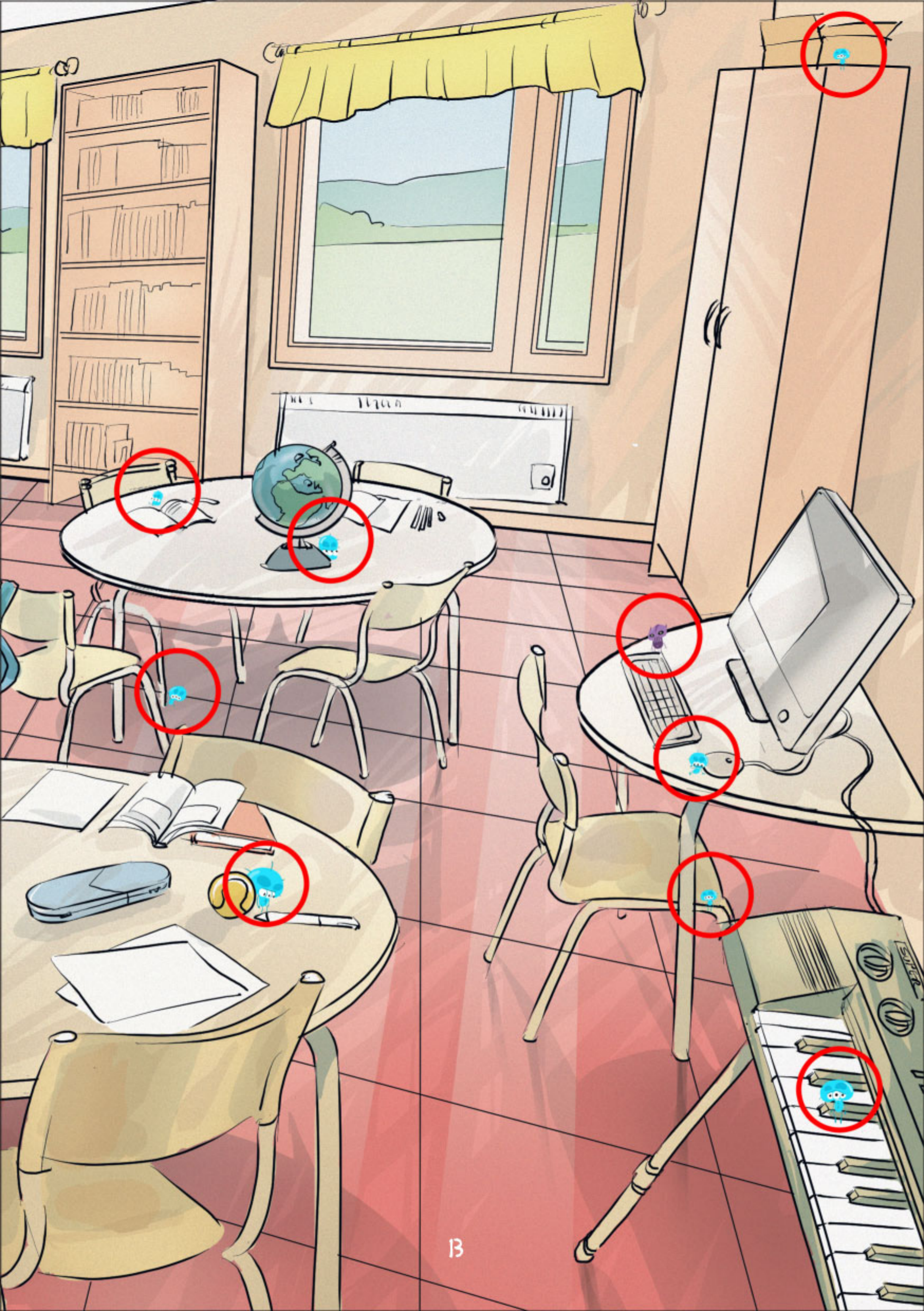
NICE JOB EVERYONE!



HIDE AND SEEK

THERE ARE 20 GERMS IN THE CLASS ROOM. WE CIRCLED THEM FOR YOU.





CORRECT ANSWERS

PAGE 9: WHEN TO WASH YOUR HANDS

1. I should always wash my hands before eating.
2. Before and after I visit a sick person.
3. If I cook food, I should remember to wash hands before and after handling food.
4. After using the bathroom.
5. Whenever I blow my nose and sneeze.
6. After I have handled garbage.
7. When I have touched animals.
8. After playing outside.
9. When I'm ill and might easily spread my germs.
10. When my hands are dirty.

PAGE 13: TRUE OR FALSE

- | | |
|----------|----------|
| 1. False | 6. True |
| 2. True | 7. False |
| 3. True | 8. True |
| 4. True | 9. False |
| 5. True | |

PAGE 18: LABYRINTH

- | | |
|---------------|----------------|
| Blue | - Door handle |
| Pink | - Piano & hand |
| Purple | - Dog |

PAGE 17: DRAW YOUR HAND



HINT: Why not decorate class hygiene rules or wash station with the pupils' hand artworks – They serve as a good reminder!

BEAT THE BUGS BOARD GAME. GAME RULES

2–4 counters + dice (game appendix available in katrin.com/Solutions&Products/Washroom/Katrin Kids).

2–4 players

Players throw the dice in turns and move their counter according to the spots showing on the dice

On the way you will land on occasions that require hand washing and get **+points** or **-points** based on occasion type

You should move **forwards (+)** or **backwards (-)** according to the points and the occasions are described in the game board

Whoever finishes first, wins!

PAGE 19: CONNECT THE IMAGE AND TEXT



5 Wash the soap from your hands for 10 seconds.



4 Don't forget to wash between your fingers and the tops of your hands.



1 Wet your hands. Always use warm water.



2 Take soap.



6 Dry your hands carefully.



3 Rub it for 20 seconds, or as long as it takes to say the alphabet.



THANK YOU FOR LISTENING!
HYGIENE TIPS, STUDIES AND SOLUTIONS: WWW.KATRIN.COM
VIDEOS: [YOUTUBE/KATRIN SOLUTIONS](https://www.youtube.com/channel/UCkatin)



"There are a lot of bacteria in the classroom. I think we have to wash our hands more often."

– Joshua, Year 1

"I have done everything in the school book and it worked fine."

– Sarah, Year 3

"The hygiene messages were clearly presented."

– Mrs Frischkorn, teacher

Katrin / Metsä Tissue

www.katrin.com

www.metsatissue.com

KATRIN®