

# HANDWASHING

4.a.

<b>ACTIVITY:</b>	Demonstration
<b>CARD SET :</b>	4.a
<b>TOOLS:</b>	Soap, towel, big bowl, water bucket with tap or ladle
<b>TIME:</b>	½ hour
<b>OBJECTIVE:</b>	To spread the message of hand washing to the whole community
<b>KEY MESSAGE:</b>	‘Hand washing with soap is your best hope’

## METHOD:

Give out the handwashing method cards (Card Set 5)

Ask people to come up and explain what they have on their cards. Explain that hand washing must be done properly or the germs will remain.

Ask everyone to stand up and make a large circle with the facilitator in the centre. The facilitator should demonstrate the stages of handwashing:

1. Wet your hands. Lather the palms. Rub your hands together.
2. Use your fingers and palm to roll and twist every fingers of the other hand
3. Rub one the palm of one hand over back of the other hand
4. Rub between your fingers well
5. Bunch your finger-tips together to rub palm of the other hand over and over.
6. Rinse your hands under running water.

## RECOMMENDED PRACTICES

- Wash hands thoroughly with soap
- Wash hands under running water (tap or pouring water)
- Do not use a common bowl of water to wash hands
- Follow the six steps of hand washing
- Do not share a towel to dry your hands
- Dry hands using a paper towel or shake them dry.

# HANDWASHING

4.b

<b>ACTIVITY:</b>	Singing Hygiene Songs
<b>CARD SET:</b>	4.b
<b>TIME:</b>	½ hour
<b>OBJECTIVE:</b>	To memorise all the times we should wash hands
<b>KEY MESSAGE:</b>	'Give us Hope, Fight germs with Soap'

## METHOD:

1. Give out set of pictures showing the times for handwashing (Card Set 5).
2. Ask each person with a card to come up and say what is in their picture.
3. Explain why we need to wash hands at this time?
4. Summarise all the times that we should wash our hands.
5. Use a well known tune and fit the following words to make a song that is easy to sing, to help memorise the handwashing times.

*'We wash our hands with some soap before preparing food,*

*We wash our dirty hands with soap before eating food,*

*We wash hands before and after we feed our little babies,*

*We wash hands after touching babies feaces or thier nappy,*

*But most important of all, we wash our hands after defecation.'*

*'We wash hands with soap when we come back dirty from work,*

*We wash hands after cleaning or touching our dogs or cows,*

*We wash hands with soap after travelling on a bus or car,*

*We wash our childrens hands if they have been playing on the floor,*

*But most important of all, we wash our hands with soap after defecation.'*

Everyone sings the chorus after each verse.

*'This is the way we wash our hands, wash our hands, wash our hands*

*This is the way we wash our hands, every single day.'*

# HANDWASHING

**4.b.**

**ACTIVITY:** Singing Hygiene Songs  
**CARD SET:** 4.b  
**TIME:** ½ hour  
**OBJECTIVE:** To memorise all the times we should wash hands  
**KEY MESSAGE:** 'Give us Hope, Fight germs with Soap'

## METHOD:

1. Give out set of pictures showing the times for handwashing (Card Set 5).
2. Ask each person with a card to come up and say what is in their picture.
3. Explain why we need to wash hands at this time?
4. Summarise all the times that we should wash our hands.
5. Use a well known tune and fit the following words to make a song that is easy to sing, to help memorise the handwashing times.

*'We wash our hands with some soap before preparing food,*

*We wash our dirty hands with soap before eating food,*

*We wash hands before and after we feed our little babies,*

*We wash hands after touching babies feaces or thier nappy,*

*But most important of all, we wash our hands after defecation.'*

*'We wash hands with soap when we come back dirty from work,*

*We wash hands after cleaning or touching our dogs or cows,*

*We wash hands with soap after travelling on a bus or car,*

*We wash our childrens hands if they have been playing on the floor,*

*But most important of all, we wash our hands with soap after defecation.'*

Everyone sings the chorus after each verse.

*'This is the way we wash our hands, wash our hands, wash our hands*

*This is the way we wash our hands, every single day.'*

**4.a.****HANDWASHING METHOD Card Set**

1	Sharing a Common Bowl without soap
2	Pour to waste method without soap
3	A jerry can without soap
4	Squeezing a plastic bottle without soap
5	A home made tippy tap without soap
6	A manufactured (Canacla) tippy tap without soap
7	Sharing a Common Bowl with soap
8	Pour to waste method with soap
9	A jerry can with soap
10	A squeezey bottle with soap
11	A home made tippy tap with soap
12	A manufactured (Canacla) tippy tap with soap

**4.b.****HAND WASHING TIMES Card set**

13	Before preparing food
14	Before eating
15	After touching rubbish
16	After cleaning toilet or faeces
17	After defecation
18	After cleaning babies bottom
19	After touching animals
20	After touching chemicals/ poison