



Vocabulary words

- Germs
- Cold
- Antibacterial gel
- Raw food

Wash Your Hands and Get Rid of Germs

Germs are little living things that can be found in food, plants, and animals. They can also be in the soil, in the water, and in many other places.

There are many types of germs. Each type can cause different kinds of health problems like a cold and diarrhea. It is important that you learn how germs can get into your body, and why you should wash your hands to keep germs away.

Examples of how germs can get into your body and make you sick:

- If you go to the bathroom, and you do not wash your hands before you eat, the germs on your hands can get into the food you eat and can make you sick.
- If you touch raw foods, then eat something without washing your hands, you can get germs from the raw food.
- If you touch someone, without washing your hands after changing a baby's dirty diaper, you can pass germs to that person.
- If you have a cold and you sneeze or cough, you can pass the germs to the people around you, and they can get sick like you.
- If you have open cuts or wounds, you are prone to infection and disease.



**F
O
R
Y
O
U
R
H
E
A
L
T
H**

When and how to wash your hands

An easy way to prevent some of the diseases caused by germs is washing your hands. Here are some tips on when and how you need to wash your hands.

Wash your hands **BEFORE** and **AFTER**:

- Eating
- Feeding a child or another person
- Touching food - especially raw food
- Touching cuts, sores, or rashes
- Taking care of a sick person
- Doing work in the field or in a packing house
- Putting on gloves
- Cleaning equipment

Wash your hands **AFTER**:

- Using the bathroom
- Changing diapers
- Touching animals
- Touching blood or other bodily fluids
- Cleaning the house
- Handling trash

Tips on how to wash your hands:

- Use warm water and plenty of soap
- Scrub your hands together, away from the water, for about 15 seconds
- Rinse your hands and then dry them with a clean towel

If you cannot wash your hands with soap and water, use an antibacterial gel. This can also help you get rid of germs.



By following these simple tips, you are:

- taking care of your health
- protecting others from your germs

Vocabulary & Definitions

Wash Your Hands and Get Rid of Germs

Germs: Germs are tiny living things that can be anywhere, like in the air and on the things you touch or eat. Bacteria and viruses are examples of germs. Germs can cause sore throats, ear infections, cavities, colds, and many other conditions.

Cold: A cold can happen when a type of germ called a virus gets into your body and makes you sick. When you have a cold, you may have a low fever, feel tired, and you may not feel very hungry. You may also have a runny nose, watery eyes, and an itchy or sore throat. You may also sneeze and cough a lot.

Antibacterial gel: Antibacterial gel is a product that you can find in convenience stores and supermarkets. It is also called “hand sanitizer.” You can use antibacterial gel when you are not able to wash your hands with soap and water. Antibacterial gel has things in it like alcohol that help kill most of the germs on your hands.

Raw food: Raw food is food that is not cooked.

NOTE:

Did you know that there is a toll-free number that can help you find the closest health center or clinic near you anywhere in the US?

Call “Call for Health” at 1-800-377-9968 to get more information on their services.

Listening Activity
Wash Your Hands and Get Rid of Germs

Listening Activity
What Happened?

Purpose: To practice listening comprehension
Time: 10 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills while having fun.
2. Let them know that you are going to read the following story out loud, and only once.
3. Ask the students to answer the questions on their activity worksheet as you read the story.
4. Let them know that the first person to answer all of the questions for this activity should say the word STOP out loud. At this time, the others students must stop writing.
5. Check that student's answers to make sure they are correct. If the answers are correct, give that student a prize. If not, keep going until another student says STOP, and he or she has answered all the questions correctly. That person then wins the prize.

What Happened?

There is a small town in Mississippi called Vardaman. It is known for their sweet potatoes. Each year people from all around Mississippi go to Vardaman to attend the Sweet Potato Festival.

This year 10 people got sick at the festival. Doctors from the hospital said that the people got sick with E. Coli. E. Coli is a type of germ that may cause vomiting, diarrhea, and blood to be found in the feces.

People got sick at the festival because:

- the person who prepared the hamburgers had E. Coli on his hands,
- he touched the hamburgers with his dirty hands,
- he passed the germs on to the hamburgers, and
- people ate the hamburgers contaminated with E. Coli.

The doctors said that this incident could have been prevented if people had kept their hands clean at all times, especially when touching food. They also said that some of the things people can do to protect themselves from E. Coli are:

- Wash their hands.
- Eat meat that is well cooked.
- Wash all fruits and vegetables before eating them.

Activity Answers

1. Where is Vardaman?

Vardaman is in Mississippi

2. How many people got sick at the festival?

10 people

3. Why did they get sick?

Because the person who made the hamburgers passed the E. Coli when he touched the meat, and later people ate the hamburgers contaminated with E. Coli.

*Note: Answers in this case may vary. Just make sure students understand germs can be passed **from hands to food** and make people sick.*

4. What can they do to protect themselves from E. Coli?

- Wash their hands.
- Eat meat that is well cooked.
- Wash all fruits and vegetables before eating them.



Wash Your Hands and Get Rid of Germs Practice Worksheet

Name: _____

Date: _____

➤ **Let's Read!**

Joaquin arrived a few weeks ago in Maine to work the blueberry harvest. He knew this job would only last a few months, so he needed to work fast to make money. He was always in a hurry and did not always wash his hands after he went to the bathroom. It just took more time and Joaquin wanted to get back to work. This went on for a few weeks, until one day Joaquin started feeling very sick. He got diarrhea and a fever. He had to skip work and stay at home for a few days until he felt better.

1. How did the germs get into Joaquin's body?

2. What did Joaquin need to do to protect himself from germs?

3. List the steps you need to follow to wash your hands properly.

➤ **Before and After Activity**

Only circle the drawings where you think the person has to wash his hands **BEFORE** and **AFTER**:



Touching animals

Eating

Putting on gloves

Cleaning the house

➤ **Let's listen to what happened in Vardaman: (Listening Activity)**

Follow your teacher's instructions for this activity.

1. Where is Vardaman?

2. How many people got sick at the festival?

3. Why did they get sick?

4. What can they do to protect themselves from E. Coli?

Lesson Plan

Wash Your Hands and Get Rid of Germs

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none"> • Dry erase board and dry erase markers • Pencils 	<ul style="list-style-type: none"> • “Wash Your Hands and Get Rid of Germs” Lesson • Listening Activity Handout • Skills Practice Worksheet • Pre-post workshop survey 	<ul style="list-style-type: none"> • 1 Hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none"> • Introduce the topic. Time: 5 minutes • Conduct the Pre-Test Time: 5 minutes • Introduce the new vocabulary Time: 5 minutes 	<ol style="list-style-type: none"> 1. How many times a day do you wash your hands? 2. When do you wash your hands? Give me examples. <ul style="list-style-type: none"> • Distribute Pre-Test, and ask students to turn it in to you when it is complete. • Write the vocabulary words on the board, and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions. (Use “Wash Your Hands and Get Rid of Germs” Lesson)
Instructions	<ul style="list-style-type: none"> • Read the lesson on “Protecting Ourselves from Germs” Time: 10 minutes • Identify the vocabulary words in the reading. Time: 5 minutes • Review the <i>Skills Practice Worksheet</i> with the students, and ask them to complete it. Time: 25 minutes 	<ul style="list-style-type: none"> • Instructor leads guided reading of topic. • Students identify the vocabulary words by circling them in the lesson. • Instructor distributes Skills Practice Worksheet and reviews it with students. Instructor provides students with 10 minutes to answer the first two activities. • Once activities 1 and 2 are completed, instructor reviews answers with students. • For activity 3, use the Listening Activity Handout and follow the instructions specified.
Concept Check	<p>Conduct Post Test Time: 5 minutes</p>	<ul style="list-style-type: none"> • Students complete Post Test



1. Can germs cause health problems like colds or the flu?

2. Which of the following could let germs get into your body?

3. How long should you wash your hands with soap and water?

4. Do *antibacterial gel* and *hand sanitizer* mean the same thing?

5. Washing your hands often is a good way to protect yourself from germs.

Circle the correct answer.

Yes

No

- a. not washing your hands after going to the bathroom
- b. touching raw food and not washing your hands
- c. leaving cuts or wounds open and untreated
- d. all of the above

two
minutes

fifteen
seconds

Yes

No

True

False

Total Correct: _____

Describe what you do daily to keep from getting sick from germs. (not scored)
