

Sniffles, Sneezes and Soap

Jennifer L. Waters, M.Ed.

GACTE Conference

July 17, 2012



True or False?

- Wet hands with cold water.
- Lather with liquid soap for at least 5 seconds, scrubbing all parts of hands and wrists.
- Rinse hands.
- Turn off faucet with hand.
- Dry hands with a clean paper towel.
- Open door with paper towel.
- Throw away towel into a hands-free trash can.

Correct Hand Washing

1. Wet hands with warm water.
2. Lather with liquid soap for at least 20 seconds, scrubbing all parts of hands and wrists.
3. Rinse hands.
4. Dry hands with a clean paper towel.
5. Turn off faucet with paper towel.
6. Open door with paper towel.
7. Throw away towel into a hands-free trash can.

Plan for Success

- Place no touch trash cans near the bathroom door.
- Have paper towels that dispense one at a time near the sink.
- Have plenty of liquid soap on hand.....and DO NOT add water to it!

How do germs spread?

- Most spread through the air when a person coughs or sneezes or through hand to hand contact.
- Most live 2-8 hours after being deposited on a surface, but some stomach viruses last much longer.

What else helps?

In addition to proper hand washing, two other preventative steps can help.

1. Sneeze and cough into elbows.
2. Disinfecting toys and surfaces

Disinfecting

- Clean first with soap and water. Let dry. Then, spray with a disinfectant and let it sit according to product directions before wiping. Disinfect regularly and as needed.
- The American Academy of Pediatrics, NAEYC, and Bright from the Start recommend a bleach water solution.

Recipe:

1 tablespoon of bleach per quart of water

Disinfecting Know-How

- Surface must be clean before area can be sanitized.
- To sanitize area using bleach water solution, spray directly on the clean surface and allow to air dry for at least 10 seconds before wiping. Letting air dry for two minutes before wiping is recommended, but at least 10 seconds is required.

Disinfecting Know-How

- Bleach water solution is only good for one child care day, and it should be mixed fresh daily. Unused portions should be dumped before making the fresh solution.
- If you use a commercial disinfecting product, follow direction on the product for disinfecting. They vary widely in how long they must sit before being wiped.



Hand Washing Song

Sung to tune: *Twinkle, Twinkle, Little Star.*

I can wash my hands you see,
wash them clean as clean can be.

Inside, outside, my fingers too,

Around my thumbs and then I'm
through, (Repeat)

Now rinse away the dirt and stains,

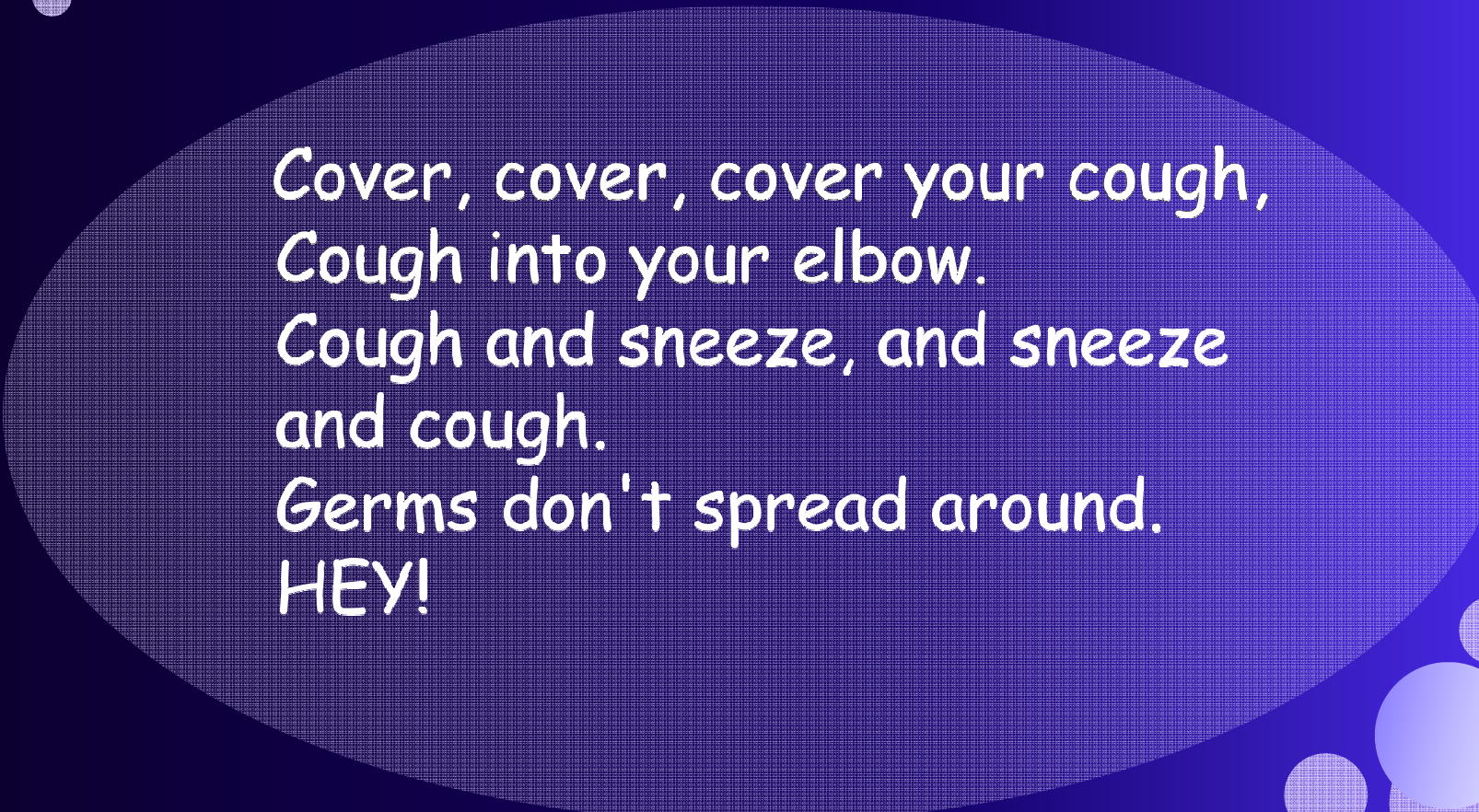
Send those germs down the drain!



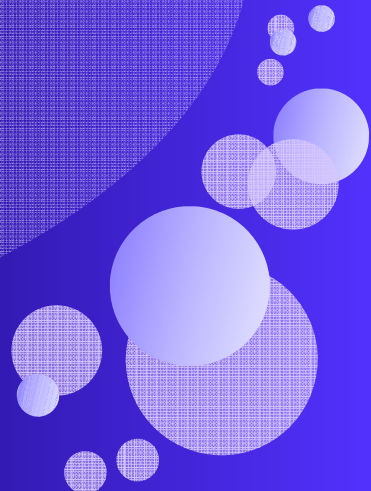


Cover your mouth, please.

To the tune of *Row, Row, Row Your Boat*.



Cover, cover, cover your cough,
Cough into your elbow.
Cough and sneeze, and sneeze
and cough.
Germs don't spread around.
HEY!



Books on Germs

- Germs are not for Sharing by Elizabeth Verdick
- Sid the Science Kid: The Trouble with Germs by Jennifer Frantz
- Wash Your Hands by Tony Ross
- Staying Clean by Robin Nelson
- Germs Make Me Sick by Melvin Berger