Lesson: GERMS, Hand Hygiene and Flu Safety

Need: big bag of Cheetos, gloves, sink/water soap/hand sanitizer

Objectives:

1. People will be able to identify the dangers of working in a hospital setting
2. People will understand what germs are and that they make people sick
3. People will learn to wear PPD (Personal Protective Equipment) and handle hazard situations in a safe manner
4. People will learn proper hand hygiene—and other safety procedures (do not pick up bio hazards without proper training and equipment, sharps in sharps bucket, cover all cuts and wounds, no touching face, clean phones)
5. People will understand how to put on gloves safely (wash first, right size, toss when dirty)

**Discussion:**

**What makes people “sick”?** *Germs, virus, flu, infections*

**Have you ever been sick? What happened?** Fever, vomited, diarrhea—this is your body trying to get rid of the germs.

What do germs look like? How do germs get into our bodies? Talk about skin (giant glove)—but there are holes…where? Mouth, eyes, cuts. This how germs get inside our bodies and make us sick.

Let’s see how this works (pass out Cheetos). Let’s all have a snack- and pretend red/orange stuff is germs. *Get cheese all over your hands—then demonstrate how it gets onto clothes, face, friends phone, pick teeth, hair.*  How many of you touch your phone, face, hair, friends?

**How can we protect ourselves from Germs?**

Flu shots, Immunizations (shots we got when we started), Gloves, masks, hand sanitizer, PPE’s (Personal Protective Equipment)

**What can we do to stop germs?** Use antibacterial wash, Wash hands with soap and water--- wear gloves.

Give lesson on proper washing—get everyone to wash “cheese” off (water, Soap,” happy birthday”)

Show them how to use gloves- eat more Cheetos—then take of the gloves the proper way (pull inside out)—look no germs.

**Summary/Wrap up:** Germs are everywhere . Some are really bad, really strong germs. Touching patients, touching things they used means we may have germs. Keep them out of your body (don’t touch your face, phone, friends, cover cuts/wounds). To be safe from germs we must wash hands—A LOT. Everytime you touch something.