



## Module 1



# HANDWASHING



# Getting Started

## ✚ Handwashing: WHY should we CARE?

- ✚ Proper handwashing can **prevent** a variety of infections and illnesses
- ✚ Proper handwashing **reduces the spread** of infections and illnesses
- ✚ Examples of infections and illnesses that handwashing can prevent or reduce include respiratory disease, diarrheal disease, colds, the flu, and skin infections

## ✚ WHAT causes infections and illness?

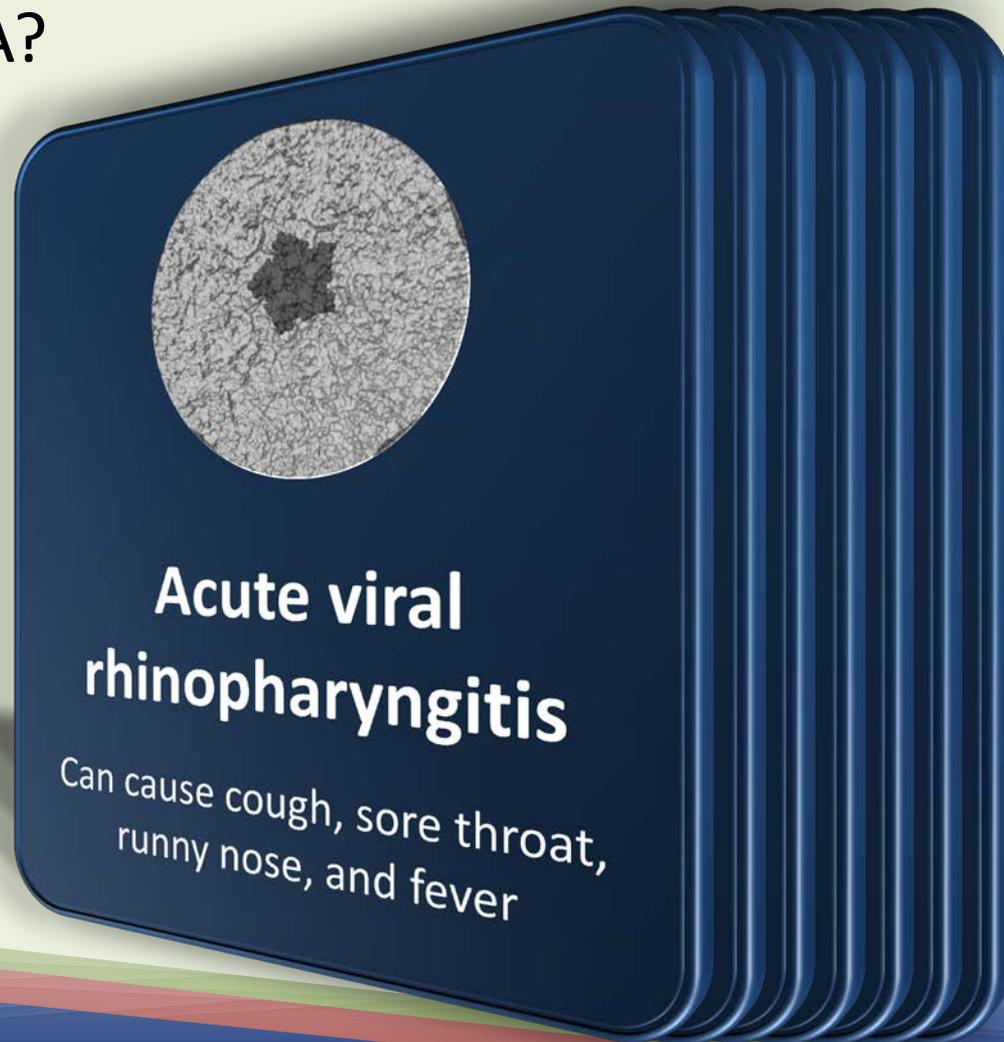
- ✚ Germs
  - ✚ Can include bacteria, viruses, and parasites



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Part 3	• When to wash
Part 4	• Did you know?
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# Getting Started

✚ WHAT infections/illnesses can handwashing reduce in ALASKA?



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# How Germs Can Spread



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# When to Wash

## ✚ The critical moments for handwashing are:

- ✚ When hands are visibly dirty
- ✚ After using the toilet or helping someone use the toilet
- ✚ After cleaning a child's bottom or handling diapers
- ✚ After contacting contaminated surfaces such as garbage cans and cleaning cloths
- ✚ After wiping/blowing nose, handling used tissues, or sneezing into hands
- ✚ After handling animals
- ✚ Before and after handling food
- ✚ Before and after eating or feeding others
- ✚ Before breastfeeding
- ✚ Before and after dressing wounds
  - ✚ Before and after caring for someone who is ill
  - ✚ Before preparing and taking medication
  - ✚ Before inserting and removing contact lenses



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# Did You Know?.....

- ✚ Disease-causing germs can remain on your hands, even when the visible dirt is washed off
- ✚ More germs are washed off by using soap and water, as opposed to water alone
- ✚ Soap breaks down the grease and dirt that carry germs
- ✚ It only takes as little as 15-20 seconds to properly wash hands with soap and water



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# Did You Know?.....

- ✚ Washing with soap is the most cost-effective way to prevent infections and illness
- ✚ Clean hands often feel more comfortable, smell good, and set a good example for young children
- ✚ It's important to find a balance between saving water and using enough to benefit your health
- ✚ Nearly 22 million school days a year are lost to the common cold—frequent handwashing can reduce this number



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# Effective Handwashing - Option 1

✿ When washing with soap and running water, you should<sup>3</sup>:

• Wet your hands thoroughly with water;  
• Rub hands together with soap, back of fingers over palms, and between fingers;  
• Rub palms together in a circular motion;  
• Rub the backs of fingers against the opposite palm;  
• Rub the thumbs against the opposite palm;  
• Rub the wrists against the opposite palm;  
• Wash for at least 20 seconds;  
• Rinse hands thoroughly with water;  
• Dry hands with a clean towel or paper towel.



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# Effective Handwashing - Option 2

- ✚ When washing with soap and water from a spigot container, you should:
  - ✚ Follow the steps from Option 1, AND modify to:
  - ✚ Use a container dedicated to water used for handwashing
  - ✚ Consider using a pail or basin to catch flowing water (but do not reuse water)
  - ✚ Clean container with a soapy solution or bleach prior to refilling



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# Effective Handwashing - Option 3

✿ When washing with soap and water from a basin, you should:

✿ Follow the steps from Option 1, AND modify to:

- ✿ Use a basin dedicated to water used for handwashing
- ✿ Fill basin with enough water to cover hands
- ✿ After scrubbing with soap, rinse by moving hands around in basin to mimic the action of running water
- ✿ Throw out water in basin after each use
- ✿ Clean basin with a soapy solution or bleach prior to refilling



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# Effective Handwashing - Option 4

- ✚ When washing prior to meeting high-risk individuals and clean water is not available:
  - ✚ Boil water for one minute and allow to cool, OR
  - ✚ Treat the water with chlorine bleach in liquid or tablet form, AND
  - ✚ Follow the steps from Options 2 (spigot container) or Option 3 (basin)



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# Effective Handwashing - Option 5

✚ When soap and/or clean water is not available:

✚ Use an alcohol-based hand sanitizer

- ✚ Roll or push up long sleeves, and remove or push up wristwatch and bracelets
- ✚ If water is available, wash visible dirt from hands
- ✚ Completely dry hands
- ✚ Squirt sanitizer into palm of one hand (enough to wet both hands) and rub hands together
- ✚ Work sanitizer into top and bottom of hands, and between fingers and under nails; work under any rings that are worn



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# Helping Others

- Lead by example
- Create the right environment
- Select the best products for your target audience



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# Test Your Knowledge

✚ It's quiz time! Let's see how much you've learned about handwashing:

- ✚ Name at least two reasons why washing your hands is important.
- ✚ How are germs spread?
- ✚ What are some illnesses or infections that result from the spread of germs and lack of hand washing?
- ✚ How do effective handwashing techniques change with respect to water availability?



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# Resources

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End of Module 1



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