



4-H + Me = Health: Handwashing

What will we learn? 4-H members will learn steps for correct handwashing and apply that knowledge to a hands-on activity.

Why is this important? Proper hand washing and cleanliness are important to prevent spreading germs and sickness.

Prep time needed: 5-10 minutes shopping/collecting materials

Activity length: 10 minutes, more time if working with a large group

What will we need?

Preparation:

- Ground cinnamon
- Vegetable cooking spray
- Soap
- Paper towels

At the meeting:

- Sink for demonstration

What do I need to do?

At the meeting:

1. Share with when and why it is important to wash hands. Hands should be washed before preparing food, before eating, after using the bathroom, after blowing your nose, after coughing or sneezing, after playing with animals, and after playing outside.
2. Demonstrate how to properly wash your hands. Begin by wetting your hand with clean, warm water. Apply soap and rub your hands together to make a lather. Make sure to get in between your fingers, under your nails, and on the top of your hands. Do this for at least 20 seconds—about the same amount of time needed to sing the *Happy Birthday* or *ABC Song* twice. Finish by rinsing your hands with warm water and drying with a clean towel.
3. Have some volunteers (or the entire club if you have time) wash their hands. Begin by spraying their hands with cooking spray and then sprinkling them with cinnamon. Have them wash their hands using the steps outlined above. Once they have finished washing, have them smell their hands to see if they can still smell cinnamon. If they washed their hands correctly, the cinnamon smell should be gone.

Summary: Proper hand washing and cleanliness are key to maintaining good health and preventing the spread of germs and disease.

What 4-H projects does this activity connect with: Health and Nutrition

Resources: <http://www.cdc.gov/features/handwashing/>