

Secret Code Hand Washing Game

Alphabet: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
 Secret Code: 25 26 19 07 18 24 08 12 06 10 14 16 11 13 05 09 04 03 02 01

Your code words are scrambled below. Scan the code
 alphabet and secret code to get the words from the game.

1. Type a game that starts/ends in a: _____ (C I F T R)
2. What code words for areas: _____ words. (E D Y H S S)
3. What washing your hands on: _____ word. (O P I N)
4. Hand washing soap identifies: _____ (T H A B R E N G S I R P O)
5. What important part of hands are not to scrub in: _____ (I N T E R I O R S)
6. Come under spread a hand: _____ word. (A S S E S S)
7. What washing your hands with: _____ (I T H E R I T W A T E R)
8. The best protection against infections from it: _____ (C O W D O C U M E N T S)
9. The type of germ that causes Hepatitis A: _____ (V I R U S Y I E S T)
10. The usual appearance for washed hands is after using the: _____ (S A P E S S E)



Name: _____
 I pledge to wash my hands regularly


CENTERS FOR DISEASE CONTROL AND PREVENTION
 1600 Clifton Road, NE
 Atlanta, Georgia 30333
 www.cdc.gov

Hand Washing Lesson Plan - Grade 4

Objective (200-201): Identify and discuss health practices associated with hand flow and hygiene for respiratory.

General Principles

1. Health care is vital that you are not see illness and stay on hand about everywhere.
2. There are many types of germs (bacteria and viruses).
3. Germs and viruses are small disease and disease such as: upper respiratory (coughing) and stomach infections, pneumonia, hepatitis A & B and Hepatitis.
4. Washing your hands is the best protection against these illnesses and diseases!

How to Wash Your Hands

1. Use warm running water.
2. Rub liquid soap between your fingers and palms.
3. Rub hands together vigorously for 20-30 seconds.
4. Dry your hands with a clean towel or paper towel.
5. Rub thoroughly and dry all hands with a dry paper towel or hand dryer.

How to Wash Hands

1. After using the toilet.
2. Before preparing, handling or eating food.
3. After playing with animals, handling money, coughing, sneezing, or blowing your nose.

Importance of Hand Washing

1. Illnesses and disease commonly transfer and spread via the very minute particles from some kinds of air properly treated.
2. Germs can be spread many. Includes common cold/flu/coughs & sneezing/droplets, skin-diseases common infections, blood contact (in HIV/AIDS and hepatitis B) and respiratory infections (coughs & sneezing and cold).
3. For a more thorough explanation see how germs are spread from side to the hand washing for them.

Additional Information

1. Hand washing, except scrub is to be continued several times throughout the day, especially before meals and after using the restroom.
2. Wash by scrubbing.
3. The activity also will demonstrate with the flow water on the front and the soap splashing on both sides hands. For every soap splash use on all of the activity done in the classroom is over a reminder of the game.
4. Please copy the activity on the reverse side of the sheet for the children to complete. Answers to the activity are provided below.

Answers to Activity

- | | |
|------------------------------|----------------------------|
| 1. C I F T R | 6. A S S E S S |
| 2. E D Y H S S | 7. I T H E R I T W A T E R |
| 3. O P I N | 8. C O W D O C U M E N T S |
| 4. T H A B R E N G S I R P O | 9. V I R U S Y I E S T |
| 5. I N T E R I O R S | 10. S A P E S S E |

This program was developed by the Centers for Disease Control and Prevention, Atlanta, Georgia.