



Scrub Those Bugs

Elementary School Hand Washing Resource Kit

Grade 7 to 8

Grade 7 to 8 lesson plan: hand hygiene

Please note – this lesson plan includes printable sheets. Please contact the KFL&A Public Health Supporting Healthy Schools line if you are unable to print them and require copies.

Supporting Healthy Schools

613 549-1232 or 1-800-267-7875, ext. 1102

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Objectives

- ✓ To educate students about the spread of germs.
- ✓ To increase the frequency of students using good hand hygiene, and cough and sneeze etiquette.
- ✓ To improve hand washing techniques of students.
- ✓ To increase students knowledge of why the flu shot and routine immunizations are important to their health.

Success criteria

- ✓ Students will be able to explain how germs are spread.
- ✓ Students will be able to describe ways that they can help prevent the spread of germs.
- ✓ Students will be able to demonstrate correct hand washing procedure.
- ✓ Students will be able to explain why the flu shot and routine immunizations are important to their health.



What do we know about germs?

Ask students what they know about germs.

Collect answers.

There are many types of germs.

The three most common types are bacteria, viruses, and fungi.



Bacteria are one celled germs that live in many environments. Some can cause infections in our bodies. Some bacteria are beneficial and necessary to human life. Some bacteria are important in the production of foods like cheese and yogurt, and medication (antibiotics) like penicillin.



Viruses are among the smallest germs, much smaller than bacteria. Viruses infect the cells of living organisms and cause diseases. Some examples are: Influenza (the flu) and chicken pox.



Fungi are plant-like organisms that live off decomposing organic matter. They can be found in air, in soil, on plants, and in water. Some fungi are poisonous and can cause infection. Others are not harmful at all, such as the mushrooms you buy at the grocery store.

Activity

Stop the spread of germs

(See activity sheet).

There are several ways you can prevent illness. Students can choose one of three topics and use the recommended links to help them answer research questions. This activity can be completed individually or in groups.

1



Hand hygiene

The Benefits of Hand Washing

Health Canada
(English and French)

bit.ly/3mqclYo

Hand Washing: Reducing the Risk of Common Infections

Canadian Centre for Occupational Health and Safety

(English and French)

bit.ly/2GTKULx

Hand Hygiene

Infection Prevention and Control Canada

(English and French)

bit.ly/2RuRiuU

2



Cough and sneeze etiquette

Cover Your Coughs

Canadian Lung Association
(English and French)

bit.ly/32xmxMd

Coughing and Sneezing

Centers for Disease Control and Prevention

bit.ly/3htTCg5

The Right Way to Cover Your Cough

Hamilton Health Services

bit.ly/2ZEOHmE

3



Getting the flu shot and keeping immunizations up-to-date

Flu (Influenza): Get Your Flu Shot

Government of Canada

bit.ly/3kkL0dM

Immunization Fact Sheets and Patient Tools

Ministry of Health Ministry of Long-Term Care

bit.ly/3mwSTPh

Teens, Meet Vaccines

Government of Canada

bit.ly/3hzmROw

Elementary and Secondary School Immunizations

KFL&A Public Health

bit.ly/35DT7hb

Vaccination and Your Child

Caring for Kids

bit.ly/2ZF6n1u

Activity

Infection prevention - create your own message

Students use the content that they have researched in the Stop the Spread of Germs! activity to create a creative piece about the topic. They can view the video links provided, or search for examples of songs, dances, or videos that have been written.

Groups can take their song to the next level and add dance moves. Be creative!



Hand washing dance

YouTube video: youtube.com/watch?v=yLDWr4rYcwA



It's in Your Hands - the official song for the World Hand Hygiene Day (5th of May)

YouTube video: youtube.com/watch?v=ABzRdMw26E0



Flu Prevention Song For Kids

YouTube video: youtube.com/watch?v=mQ2UkgAFaEw



Why Don't We Do It In Our Sleeves?

YouTube video: youtube.com/watch?v=CtnEwwUWDo0

Activity

Plan a campaign

Plan a stop the spread of germs campaign or hand hygiene day at your school. Highlight the creative work that students have created.

Borrow

Glow germ kit

Resource # 14490

This resource helps to demonstrate that although we can't see them, germs can be on our hands and other surfaces. These germs can easily spread and can make ourselves and others sick.



Stop the spread of germs research questions

Hand hygiene

1. What is proper hand hygiene and why is it important?

2. When is the best time to clean your hands?

3. What are the steps to properly cleaning your hands?

4. What are some interesting facts you learned about hand hygiene?



Stop the spread of germs research questions
Cough and sneeze etiquette

1. What is cough and sneeze etiquette and why is it important?

2. What are the steps to proper cough and sneeze etiquette?

3. What are some interesting facts you learned about cough and sneeze etiquette?

