

## Early Childhood Tool Kit

### Items in Tool Kit:

- 1 Nailbrush
- 100 Stickers
- 30 Bookmarks
- 1 Weekly Handwashing Classroom and Home Chart
- 1 Germs on Your Hands Poster
- 1 4 Principles of Hand Awareness Poster
- 1 Handwashing Instruction guide Poster
- 1 T Zone Poster
- 10 Handwashing Instruction Static Clings
- 1 glo germ bottle 2oz
- 1 LED black light
- 1 respiratory etiquette atomizer (spray bottle)
- 1 School Visit DVD 3.5 minutes
- 1 CD of songs
- 1 Health Shield
- 1 HTH Puppet

### Description of each item:

**Nailbrush:** The nailbrush is the forgotten tool of Handwashing. It helps to remove the germs that are stuck underneath your fingernails so they are removed during Handwashing.

**Stickers:** These are positive reinforcement tools when a child or adult completes a handwash correctly. Just in Time, visual and humorous positive reinforcement works to change hand hygiene behavior.

**Tattoos:** These can be worn by the staff as a reminder for both staff and children to wash their hands.

**Bookmarks:** These are reminders that can be sent home with the children so they can help teach their parents about Henry's 4 Principles of Hand Awareness

**Weekly Handwashing Chart** (classroom and home): It is a self-directed reinforcement tool that engages the students in the specific times during the day that are important and is used to keep track of the number of handwashes in one week (i.e.: arriving at school,

before eating, after the bathroom, etc.). And a home schedule to engage the family in the behavior change program.

**HTH Puppet:** the puppet is used to help children and staff who are visual learners to reinforce Henry's 4 Principles of Hand Awareness.

**Germ on Your Hands poster:** This poster is a great visual graphic for children and adults that "gives them a jolt" people showing some of the germs that can be found on your hands that are invisible.

**4 Principles of Hand Awareness poster:** This poster is a visual graphic that shows the 4 Principles and is very effective for anyone who does not read the language and "gets the picture".

**T Zone Poster:** This poster is very important graphic showing what the T Zone is, the eyes, nose and mouth (the only portal of entry into the human body for all respiratory and gastro-intestinal infections).

**Handwashing Instruction Static Clings:** It is a vibrant colored static cling for the bathroom mirrors to teach correct handwashing steps. If you cannot read the language you still "get the picture".

**2-ounce bottle of glo Germ lotion and LED Black light:** This demonstration simulates germs on hands when the Black Light lights up the germs. The black light is a handheld light. Apply one to two "dollips"(drops) on your hands and rub it in on all surfaces and then shine the black light to "see" how dirty your hands are. Then wash your hands and shine the light on the hands to see how many germs you removed. There is usually residual lotion around the nail cuticles.

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**Respiratory atomizer:** This demonstrates the power of a cough or sneeze and the droplets that are released reinforcing why it is so important to cover a cough or sneeze with your elbow if there is no tissue to prevent the spread (aerosol) of droplets into the air and onto surfaces. While the surfaces may look clean that may have virulent organisms on it.

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**School Visit DVD:** Is a 3 ½ minute animation that goes over the 4 Principles of Hand Awareness using Henry as the messenger. It is memorable fast paced video for both children and adults that leaves a lasting impression of the best hand hygiene habit.

**CD:** The CD has two songs; "Doin' the Handwash" and "Henry the Hand's theme song". These can be played during the presentation or right before lunch to remind kids to wash their hands.

**Health Shield:** This shield is used as a training device to demonstrate to oneself how often they touch their T Zone. You need to increase self-awareness before you can change a behavior. It also serves as a protective device when others around you are a threat for sneezing and coughing droplets into your face when others use an incorrect respiratory etiquette technique.

### **Henry the Hand Presentation for Classrooms**

- 1) Stand in the front of the room with the teaching tools displayed out on a table
- 2) Introduce yourselves as Champion Handwashers, Ask the kids if they are Champion Handwashers and if not do they want to learn how to be! (Upbeat and animated)
- 3) Discuss how you are there to teach them the Importance of Handwashing and of being “Hand Aware” (knowing where your hands are and what they are doing at all times). Go through Henry’s 4 principles of Hand Awareness and while doing so, SHOW the poster of Henry going through his Four Principles of Hand Awareness and “act” them out yourselves. Then ask the students to demonstrate the 4 Principles, as well.
- 4) Show them the Henry the Hand classroom visit DVD (3.5 minutes).
- 5) Next is Respiratory Etiquette Demonstration: Using the respiratory atomizer with water in it go around the room simulating a cough or sneeze by spraying(misting) the water droplets to emphasize that it is the micro-droplets coming out of the nose and mouth are responsible for spreading the germs when one has an upper respiratory infection(URI) and that they settle on surfaces creating cross contamination risk.
- 6) Then emphasize Henry’s 4<sup>th</sup> principle: **DON’T FORGET TO EMPHASIZE THE IMPORTANCE OF THE T-ZONE** (eyes, nose and mouth), show them how the T-ZONE is the only portal of entry into the human body for the flu and flu-like illness. Teach them to NEVER put a “bare” finger in their eyes, nose or mouth again because any surface you touch may have germs and the “cross contamination” effect is how we make ourselves sick from some “invisible” virus, bacteria or fungus. Remember the facial mucus

membranes are the ONLY portal of entry into the body for all respiratory and GI infections.

- 7) GO through the steps of Handwashing (show sink reminders) to demonstrate to the kids how to truly be a Champion Handwasher. EMPHASIZE how soap and water is the #1 way to get your hands clean
- 8) Ask the kids if they want to see a demonstration of how to determine if you are a Champion Handwasher??
- 9) GloGerm presentation: Take out the glo Germ lotion and the black light from the tool kit. Ask 2 kids to come up to the front of the room. Put a little bit of the lotion on their hands and have them rub them together. Dim the lights in the room, have the kids face everyone else and turn the blacklight flashlight on so everyone can see the GERMS ON THEIR HANDS!!  
  
\*\* If you do not want to use the kids, ask a volunteer to be in the demonstration
- 10) Afterwards, tell both of them to go wash their hands HOWEVER don't forget to tell them that they need to "wash all surfaces of the hand" (refer to the large Handwashing Instruction poster for a visual reinforcement). To give them some "length of time" reference they can sing Happy Birthday or repeat the ABC's or count to 20 slowly to help get those hands clean! Emphasize it is more about techniques than time.
- 11) When they come back, dim the lights again, have them face the audience and turn the blacklight on and see who did a better job! You also explain that there are "good bacteria" on your hands to help protect the integrity of the skin barrier, so you will not get ALL the bacteria washed off, particularly around nails and creases.
- 12) At the end you can play the Henry the Hand "Doin' the handwash" song on the CD, try and have the kids sing along while Henry enters the room. This way the kids will remember the song and be reminded of the importance of Henry's 4 Principles
- 13) Afterwards ask if anyone has any questions and if not then ask a few basic questions. At the end, hand out a sticker to EVERYONE in the room! (IMPORTANT: You should be wearing a sticker the WHOLE time or the Champion Handwasher T-shirt!)