

# SNRCS 2020 COVID-19 Handwashing and Cover Cough

## Student/Participate Lesson

### Handwashing/Cover Your Cough

- Use videos from \*Children's Hospital Colorado – Handwashing Tips for Kids.

Videos: **How to Wash Your Hands**  
**Wash Me (Optional)**

Website: <https://www.childrenscolorado.org/conditions-and-advice/parenting/parenting-articles/hand-washing/>

- Use video from \*CDC – Cover Your Cough and Sneezes - kids (18):

Video: **Cover You Cough and Sneezes**

Website: <https://www.cdc.gov/cdctv/diseaseandconditions/influenza/cover-coughs-kids.html>

- Ask review questions with Students/Participates (when to wash/cover, how long to wash, etc.) Remind often about good hygiene.

\*Both sites have good information/posters to use.

#### **Germs can be easily spread by:**

- 1) Coughing, sneezing, or talking
- 2) Touching your face with unwashed hands after touching contaminated surfaces or objects
- 3) Touching surfaces or objects that may be frequently touched by other people

### Best Hand Washing Procedures:

#### **Soap & Water:**

- 1) Moisten hands with water and then apply liquid soap.
- 2) Rub hands together, away from the flow of water, for 20+ seconds.
- 3) Rinse hands free of soap under running water.
- 4) Dry hands with a clean, disposable paper towel. Ensure that there is no re-contamination of the clean hands.
- 5) Turn off faucet using paper towel.
- 6) Throw the used paper towel into a hands-free trash can

**Hand Sanitizer:**

- 1) Can only be used when hands are not visibly soiled.
- 2) Can be used by adults and children 2 years of age and older.
- 3) Should have 60-95% alcohol.
- 4) Manufacturer's instructions must be followed.
- 5) Very close supervision of children should be provided.

**Best Cover Your Cough Procedures:****To help stop the spread of germs:**

- 1) Cover your mouth and nose with a tissue when you cough or sneeze
- 2) Throw used tissues in the trash
- 3) If you don't have a tissue, cough or sneeze into your elbow, not your hands
- 4) Remember to immediately wash your hands after blowing your nose, coughing or sneezing.