

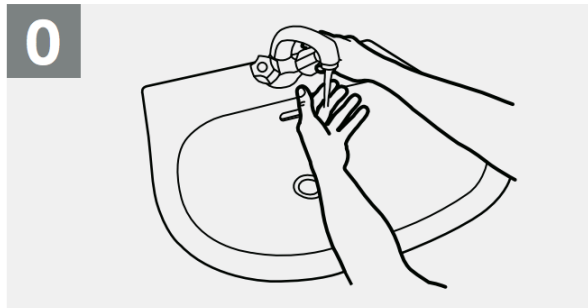
Today is Global
Handwashing Day



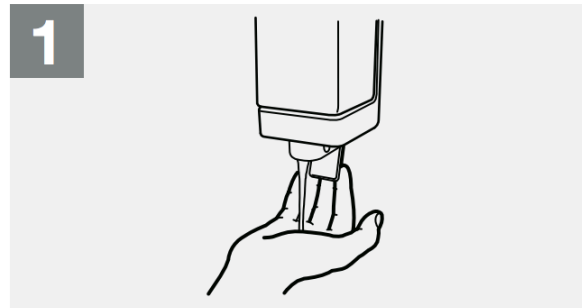
Children and adults all over the world need to wash their hands to stay healthy.



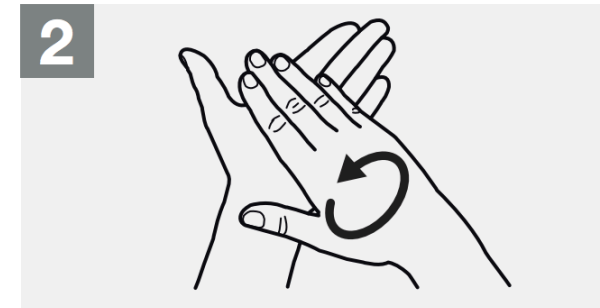
Let's remind ourselves of how to wash our hands:



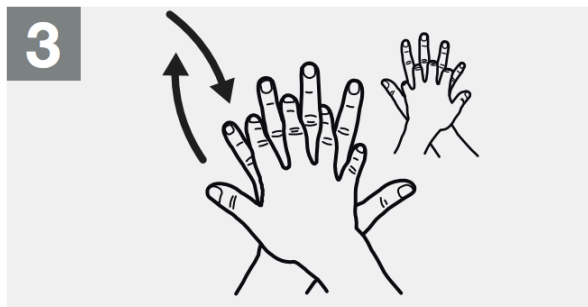
Wet hands with water;



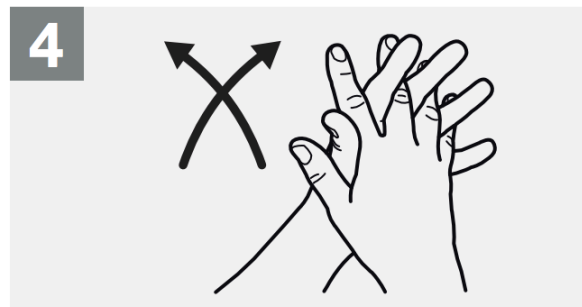
Apply enough soap to cover all hand surfaces;



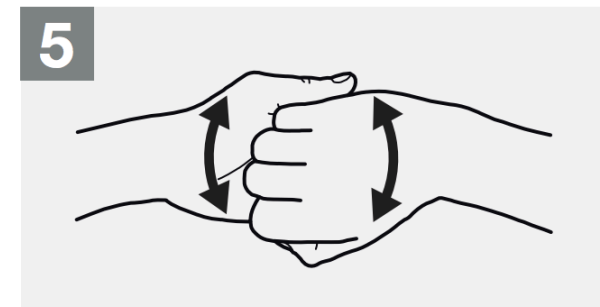
Rub hands palm to palm;



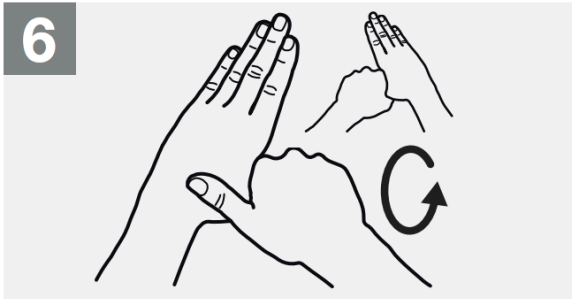
Right palm over left dorsum with interlaced fingers and vice versa;



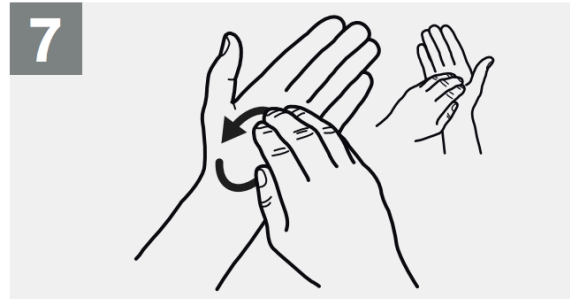
Palm to palm with fingers interlaced;



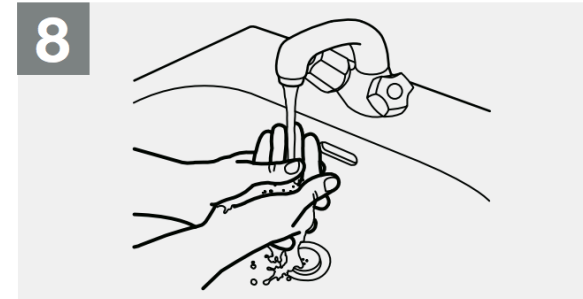
Backs of fingers to opposing palms with fingers interlocked;



6
Rotational rubbing of left thumb clasped in right palm and vice versa;



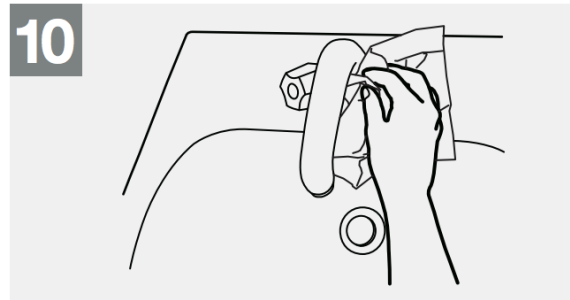
7
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



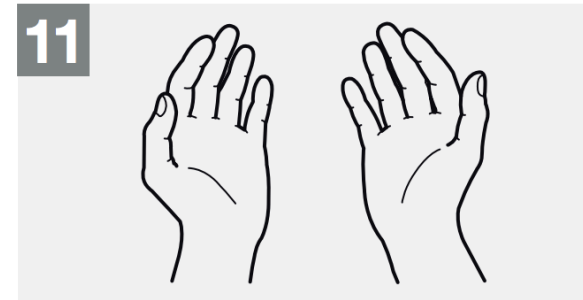
8
Rinse hands with water;



9
Dry hands thoroughly with a single use towel;

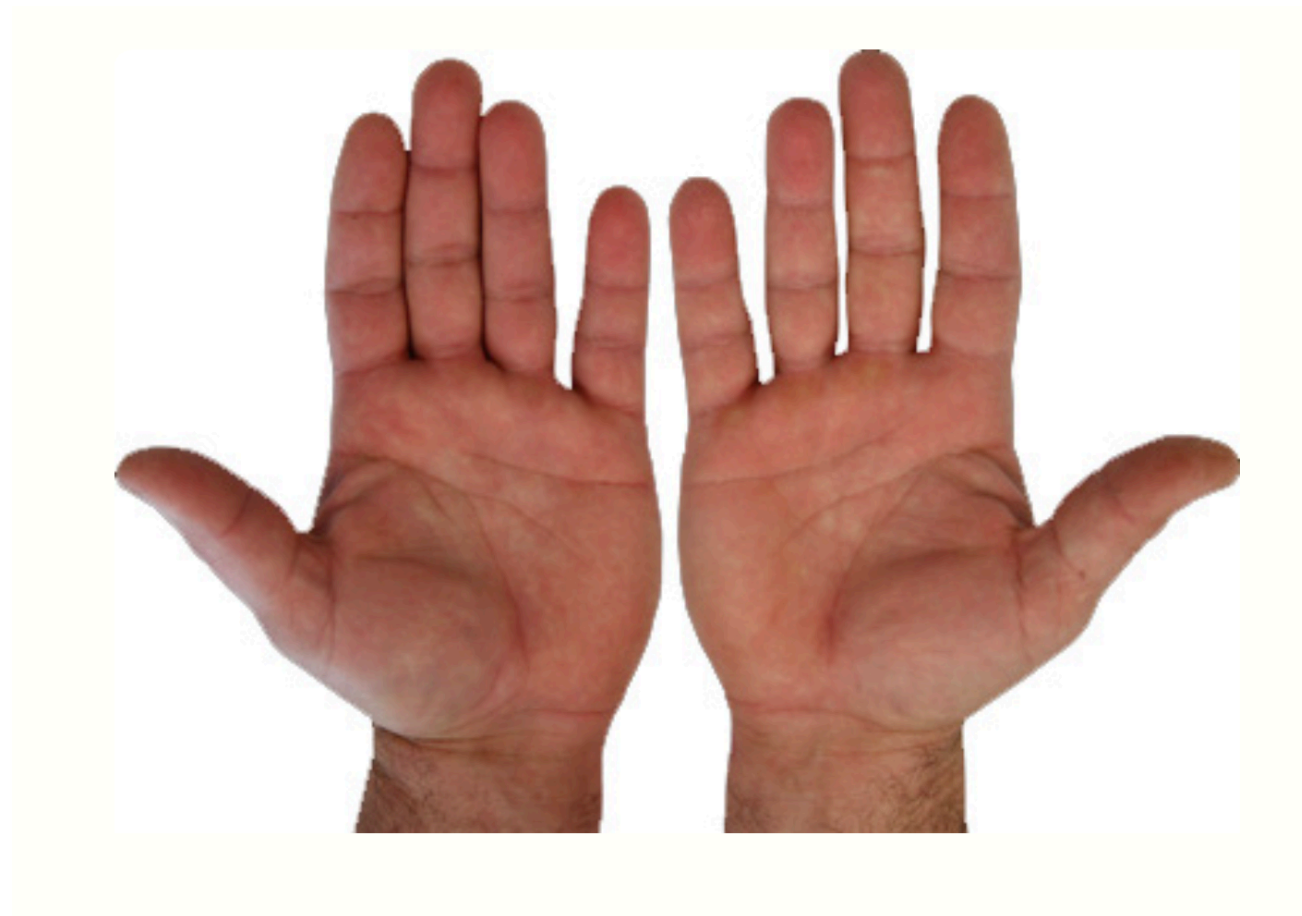


10
Use towel to turn off faucet;



11
Your hands are now safe.

Do you think these hands are clean?



What about these hands? Which hands are cleaner, the first pair or the second?



A girl had been playing in the garden with her dog. Her hands looked clean and she didn't want to wash them. Do you think her hands were clean? Why / why not?

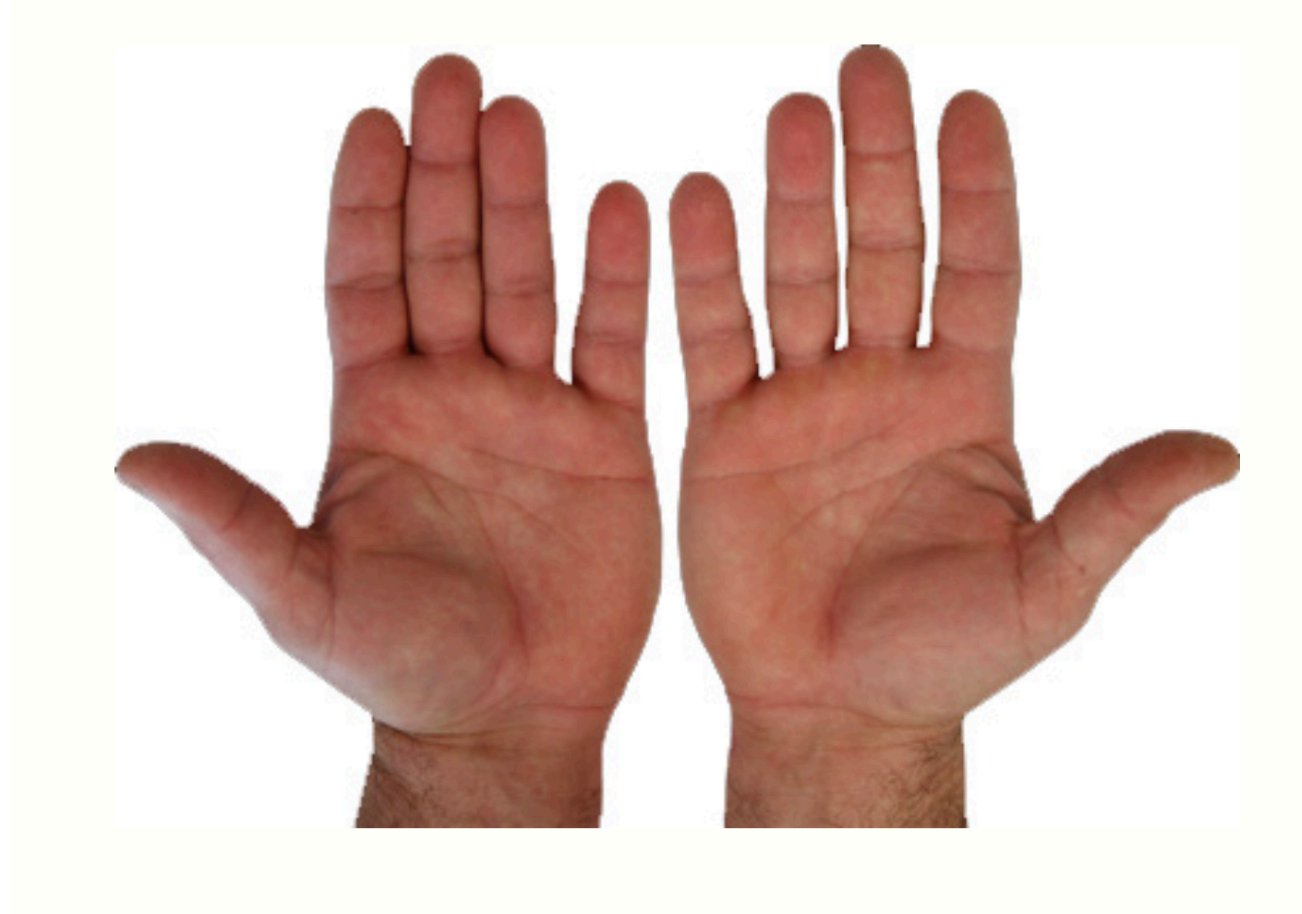
The girl's mum is a scientist so she asked the girl to print her hand into a little dish of agar gel. This allows bacteria to grow. It was left for one week. Let's see what it looked like.



Here is the agar gel. What can you see?

Where did the germs/bacteria come from?

Even when our hands look clean, they may not be.



When should we wash our hands? Talk to the person next to you.

- When we come in to school or into our house from outside
- When we have been on public transport (a bus or the Tube)
- Before we go out to play
- When we come back in from the playground or from doing things outside
- Before eating or preparing food
- After the toilet
- When they are dirty
- If we sneeze or cough into them (PLEASE sneeze or cough into a tissue or your elbow)
- After using a tissue and binning it
- Before we touch someone if we have been sucking our hands or sucking our fingers
- Before and after we touch someone who is not well
- After touching animals and birds

Do we really need to use soap? Watch this [video](#) and discuss with a partner.



Did you know that just 1cm of your hand holds 1500 bacteria? Yet, a 2015 study of handwashing in 54 countries found that on average, only 38.7% of households practised handwashing with soap. Not washing your hands properly throughout the day is one of the fastest ways to spread infection.

BUT

Only 60% of the world's population has access to a basic handwashing facility.

- In the world's least developed countries, only 28% of people have access to basic handwashing facilities. In some countries like Liberia, only 1% of the population has access to such facilities.
- Currently, there are 17 countries where more than 10 million people lack handwashing facilities. The availability of soap and water at handwashing facilities varies substantially. For example, in Ethiopia, only 0.1% of households had soap and water at the handwashing facility while in Iraq, 91% had these items available.

Let's look at Malawi.

- Malawi has an abundance of water flowing through its land but providing clean water enough for every single citizen is a complex national problem.
- 1 in 3 people in Malawi don't have access to clean water, that's 5.8 million people
- 13.8 million people in Malawi don't have access to a decent toilet – more than half of the entire population.
- More than 3,100 children die every year, caused by dirty water and poor sanitation.

So providing access to clean water must be a priority.

Here is a [recent video](#) from Malawi where not everyone has access to water from a tap, let alone soap.



Starfish Malawi is providing [wash stands](#). The larger ones like this one are operated by putting your foot on a pedal.



We are hoping to encourage people to build their own [Tippy Tap](#) too.



Starfish Malawi is working hard to make sure everyone has access to clean water and soap.



A message from [Chris Knott](#), founder and
Chairman of Starfish Malawi.



Clean hands song

https://www.holytrinitynorthwood.org/website/handwashing_song/448096

(Scroll down to 4th item on the page)

Washing hands is fun, soap with bubbles on,

Rub the fronts and backs,

We'll be eating soon.

Chorus

Keep friends safe and well by making better choices,

After you use the toilet make sure you wash your hands.

2. Fingers open wide just like a High Five,
Fronts and backs and gaps,
Now we feel alive.

Chorus

Keep friends safe and well by making better choices,
After you use the toilet make sure you wash your hands.

3. Rub nails upon each palm till all the dirt is gone

Your finger tips are clean,

And you're fit and strong.

Chorus

Keep friends safe and well by making better choices,

Cover up a sneeze and make sure you wash your hands.

4. Wash both thumbs and wrists, rinse the soap and dry,

Keep buckets full by day

And keep them safe at night

Chorus

Keep friends safe and well by making better choices,

Be happy and healthy by keeping your hands clean.

Your challenge ... (please adapt according to your school's preference)

- Design a poster to encourage children and adults to wash their hands frequently and correctly
- Design a poster to inform others about the lack of handwashing facilities in some countries and suggesting what could be done about it
- Write a poem about handwashing

The winning entry will receive a fantastic Starfish Malawi pen.

