



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with National Volunteer Outreach Network, Country Women's Council, U.S.A.,
Associated Country Women of the World and in partnership with Clemson University Cooperative
Extension Service

SCFCL website: <http://www.scfcl.com>

Leader Training Guide

Handwashing in 2020 and 2021

Objectives:

The participants will be able to:

1. Explain the need for handwashing in light of COVID-19
2. Describe the steps for handwashing
3. Describe other methods of preventing transmission of illness

Lesson Overview/Introduction: This year has brought about a shift in world-wide behavior due to the outbreak of COVID-19. Steps to prevent disease spread have been stressed to the people in the United States as well as other countries in an effort to decrease transmission and prevent death. Handwashing is one of the key components to combatting the virus.

Lesson:

Handwashing removes germs and decreases the risk of illness.

Proper handwashing is simple, but often the general public skips handwashing altogether, or they fail to follow the recommended steps. If the recommended steps are followed, all types of contamination are decreased on the hand surface.

Step 1: Turn on faucet for warm water.

Step 2: Lather up. There should be enough suds on your hands that bubbles cover all surfaces of hands and fingers. Any soap will do the job (bar, liquid, foam.) It is not necessary to purchase anti-bacterial soap. If you follow these steps correctly, adequate contamination will be removed to prevent illness.

Step 3: Scrub. It is necessary to truly scrub your hands together, giving attention to the entire surface of the hand (between fingers, under nails, heels of the hands.) Twenty seconds of vigorous scrubbing has been proven to remove

the grease, debris and germs from the hand surface. The less you scrub, the less contamination is removed. Your hands might “look” clean, but the 20-second soapy scrub is what removes the germs you don’t see.

Step 4: Rinse. Run the warm water over your sudsy hands to remove all traces of lather from the entire hand.

Step 5: Dry. Use a clean towel or disposable paper towel to remove all moisture from the surface of the hands. If you are in a public restroom, use the paper towel to turn off the facet once you have finished drying your hands. If you must open a door to exit the public restroom, use the same paper towel to grasp the door handle. The logic with this is to avoid picking up someone else’s germs on your clean hands. This is important under normal circumstances, but while COVID-19 is still prevalent, it is essential to avoid the germs of others if possible.

There are other steps that can be taken to decrease the risk of COVID-19 contamination:

Wear a mask in crowds. Multi-layer fabric masks have been shown to decrease the spread of airborne moisture droplets. Masks protect other people from your germs. “I’m not sick, I don’t need a mask,” is a common rationale when discussing masks. Unfortunately, there are many people who actually test positive for the disease but show no symptoms (or symptoms so mild that they are mistaken for allergies or sniffles or scratchy throat.) If everyone in a crowd wears a mask, they protect all those around them and the disease transmission rate is lowered.

Masks are readily available in stores. Many stores give masks to patrons who enter the business while not wearing a mask. If you prefer to make your own mask, a pattern is included with this lesson. The fun part of making a mask is you can customize yours---using the exact fabric you prefer to be as subdued or outlandish as you prefer! Support your team, celebrate the holiday, or match your outfit! REMEMBER, while wearing your mask, it should cover your nose and mouth completely.

Wipe surfaces to decrease contamination. The more any surface is touched (or exposed to people) the more contamination will be left behind on the surface. To decrease the risk of accidentally touching a surface contaminated with COVID-19, common surfaces should be wiped regularly with a disinfectant

spray or a disinfectant wipe. Doorknobs, countertops, refrigerator handles, any surface that is often touched by multiple people should be wiped down regularly. There are many brands of sprays and wipes on the market and those labeled as able to kill 99% of germs will be effective.

Social distancing is the other effective means of controlling the spread of viruses. Six to eight feet is the recommended distance to maintain when in a group that includes people who do not live in your household. Social distancing quite literally moves you further away from where the virus is. The further away you are, the lower the risk.

“I don’t feel well.” Pay close attention if this applies to you or any of your household members. Cold symptoms and flu symptoms mimic COVID-19 symptoms. Testing is the only way to rule out COVID-19. Testing sites are available statewide and are typically within easy travel distance in most counties. Look for the testing site nearest you at <https://scdhec.gov/infectious-diseases/viruses/coronavirus-disease-2019-covid-19/find-covid-19-testing-location>

Suggested Materials:

Handwashing 1-2-3’s. Printable page suitable for posting in church restrooms, social halls, and other high-traffic areas.

<https://www.cdc.gov/handwashing/pdf/wash-your-hands-poster-english-508.pdf>

Printable pattern for making a facemask.

<https://drive.google.com/file/d/13F7OLzGlpwinFP2Qpl5yblw5oUC7Qnb/view>

Information on cleaning surfaces and making sanitizer to kill germs.

<https://www.clorox.com/resources/coronavirus/>

Suggested Activities: *If your club opts to meet in-person, please ensure safety is observed! Wear a mask and social distance to keep you and your club members safe!*

Do a handwashing activity: Many Extension Offices have “Glo-germ” black lights available which are a fun and educational way to illustrate the spread of germs and the effectiveness of handwashing. Ask your local Extension Office if a Glo-germ light is available and if your club can borrow it.

Make-a-Mask Day: Gather club members to make masks. This has the potential for a good fundraiser! Take orders online and make masks to order!

Print and Post: Print the handwashing poster at the link provided above and post in your church restrooms, kitchen and social hall.

Lesson Summary: Handwashing is one of the most important things you can do to prevent the spread of disease, especially COVID-19. Social distancing, masks and surface sanitizing also are useful tools to decrease the chance of illness.

Lesson Prepared By: Rhonda Matthews, Clemson University Extension Associate, Rural Health and Nutrition

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Hands
that look
clean can still
have icky
germs!

Wash YOUR HANDS!

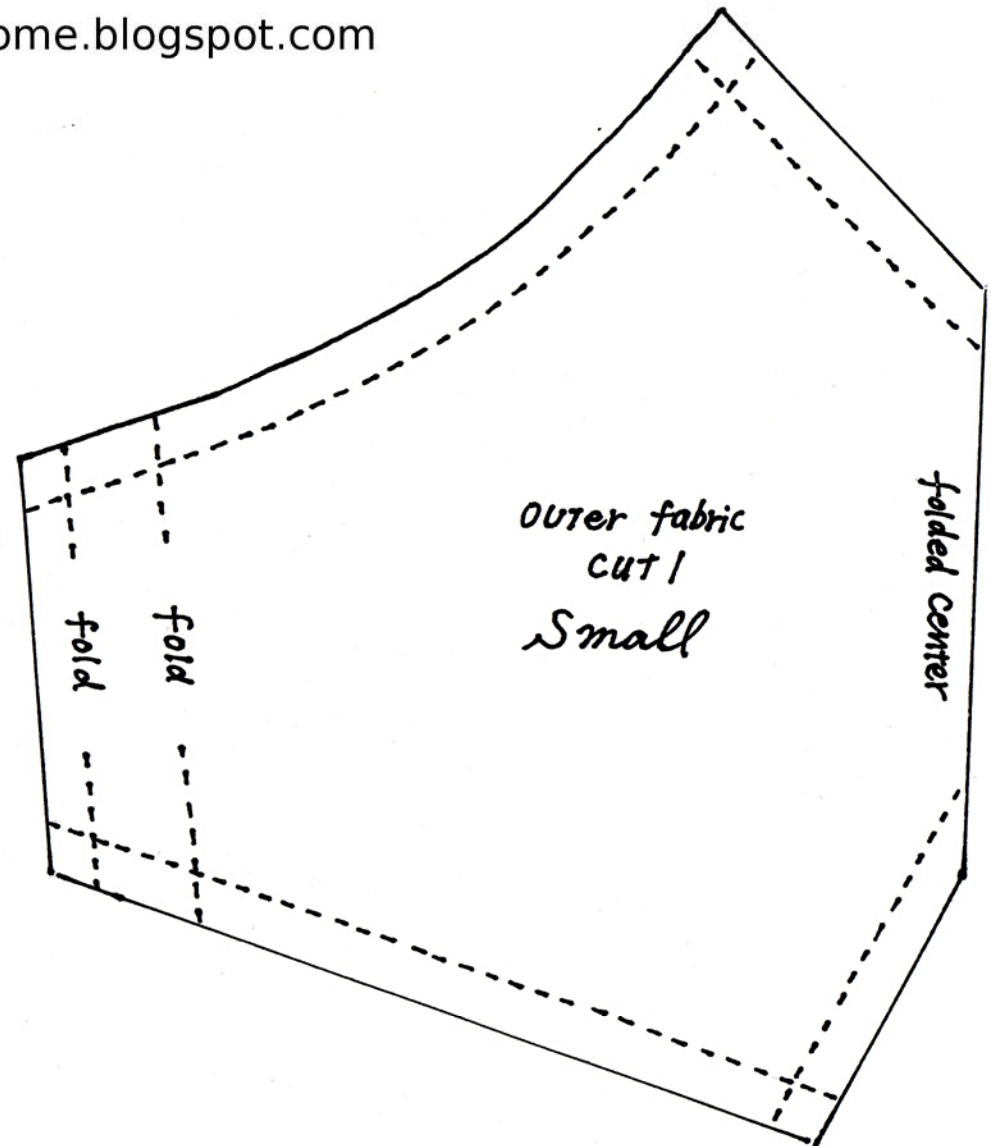
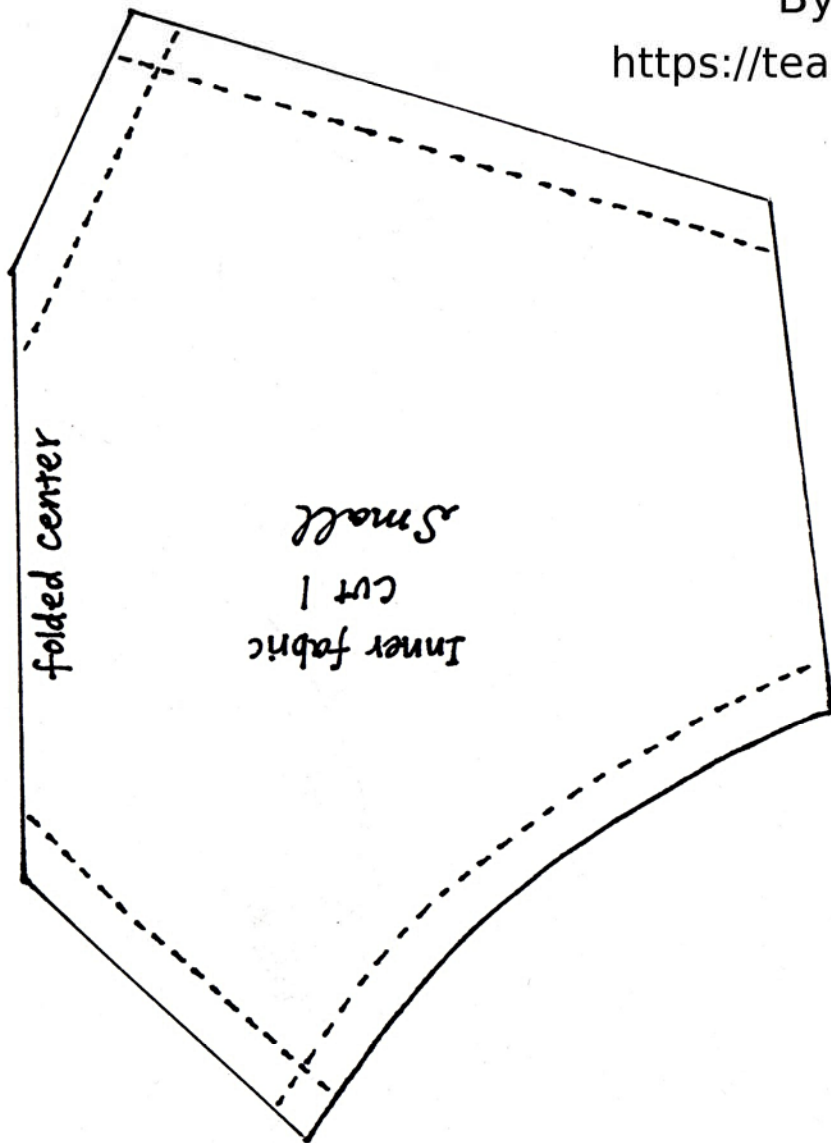


U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Mask Pattern

By Tea Rose Home

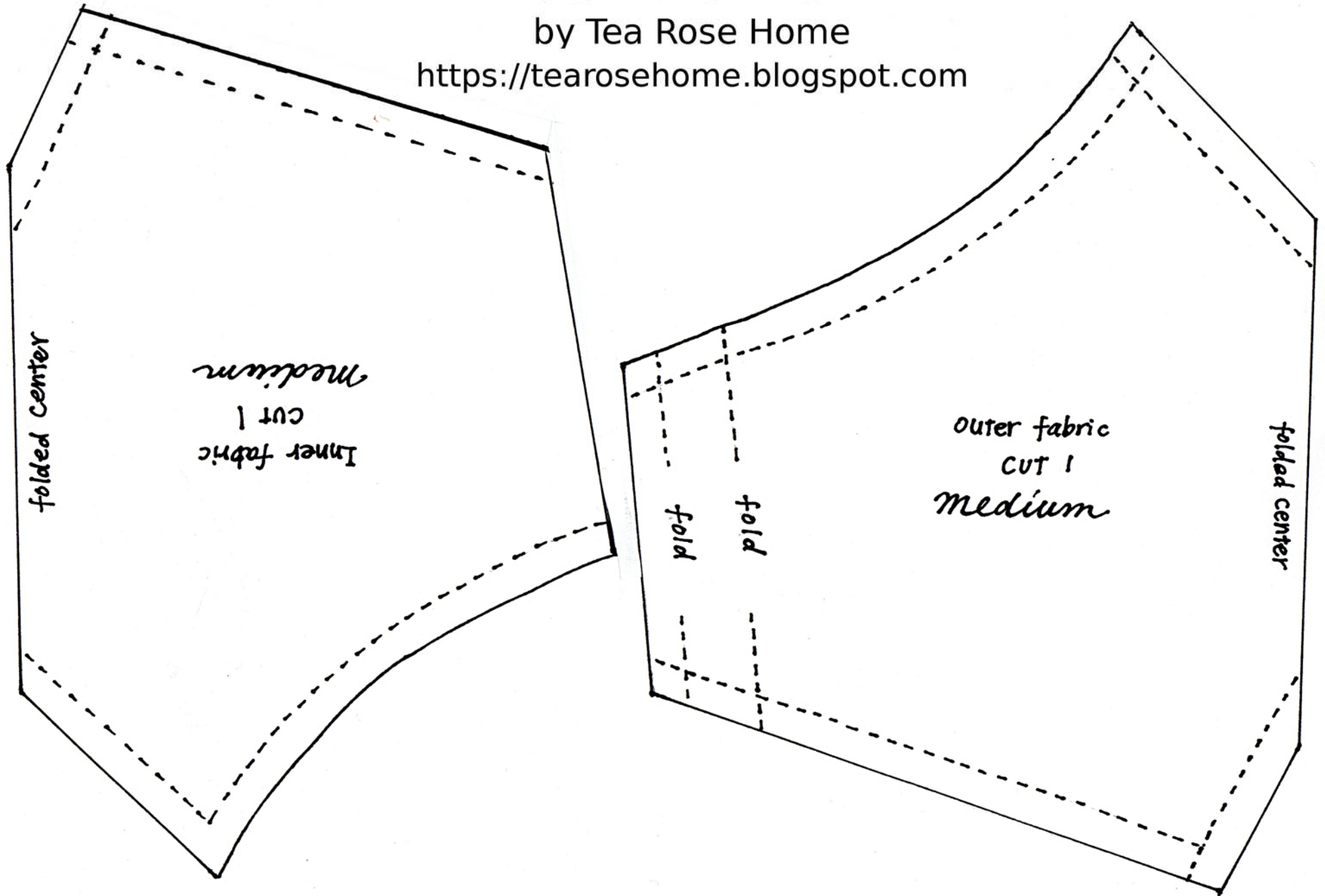
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Mask Pattern

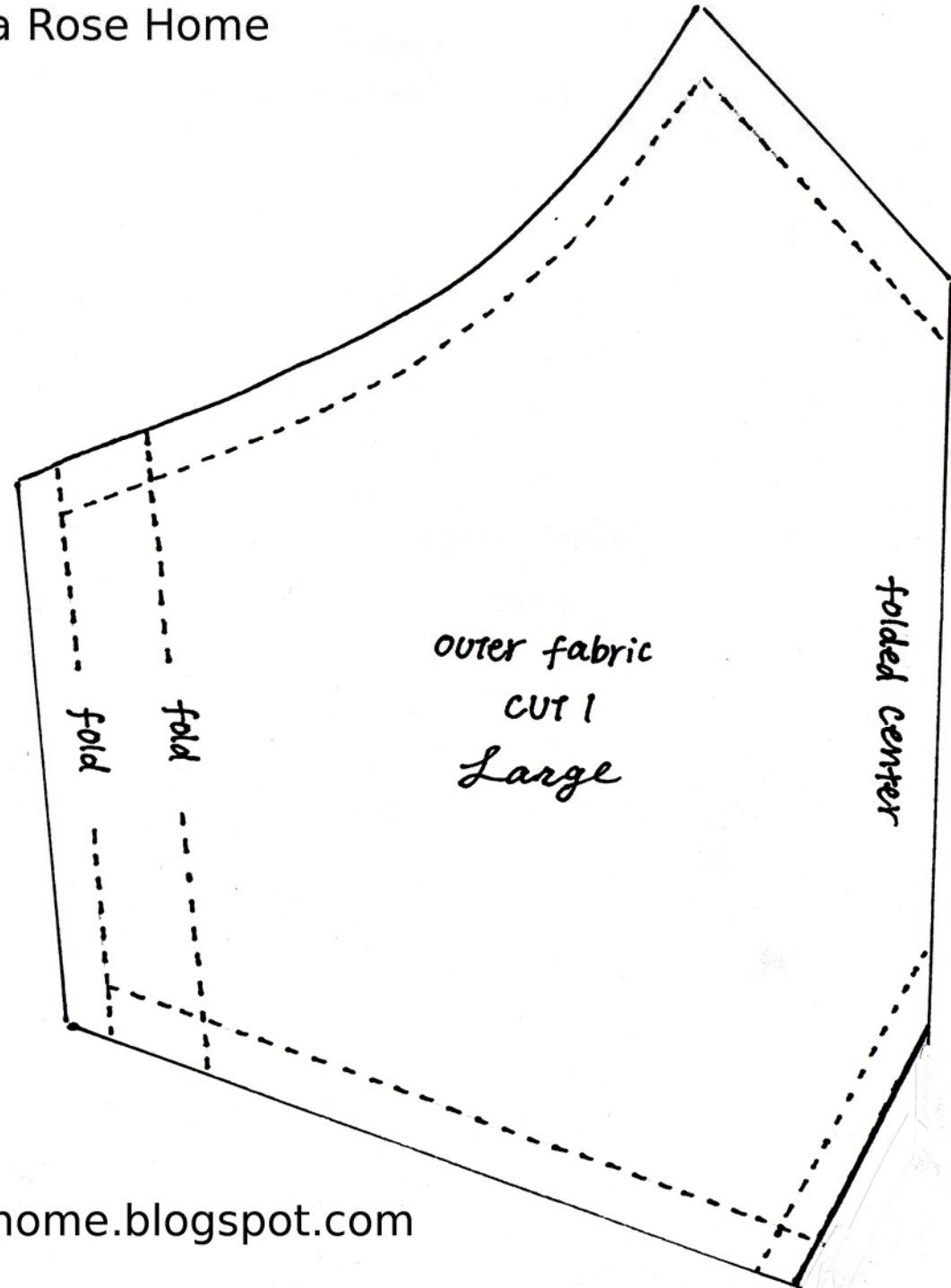
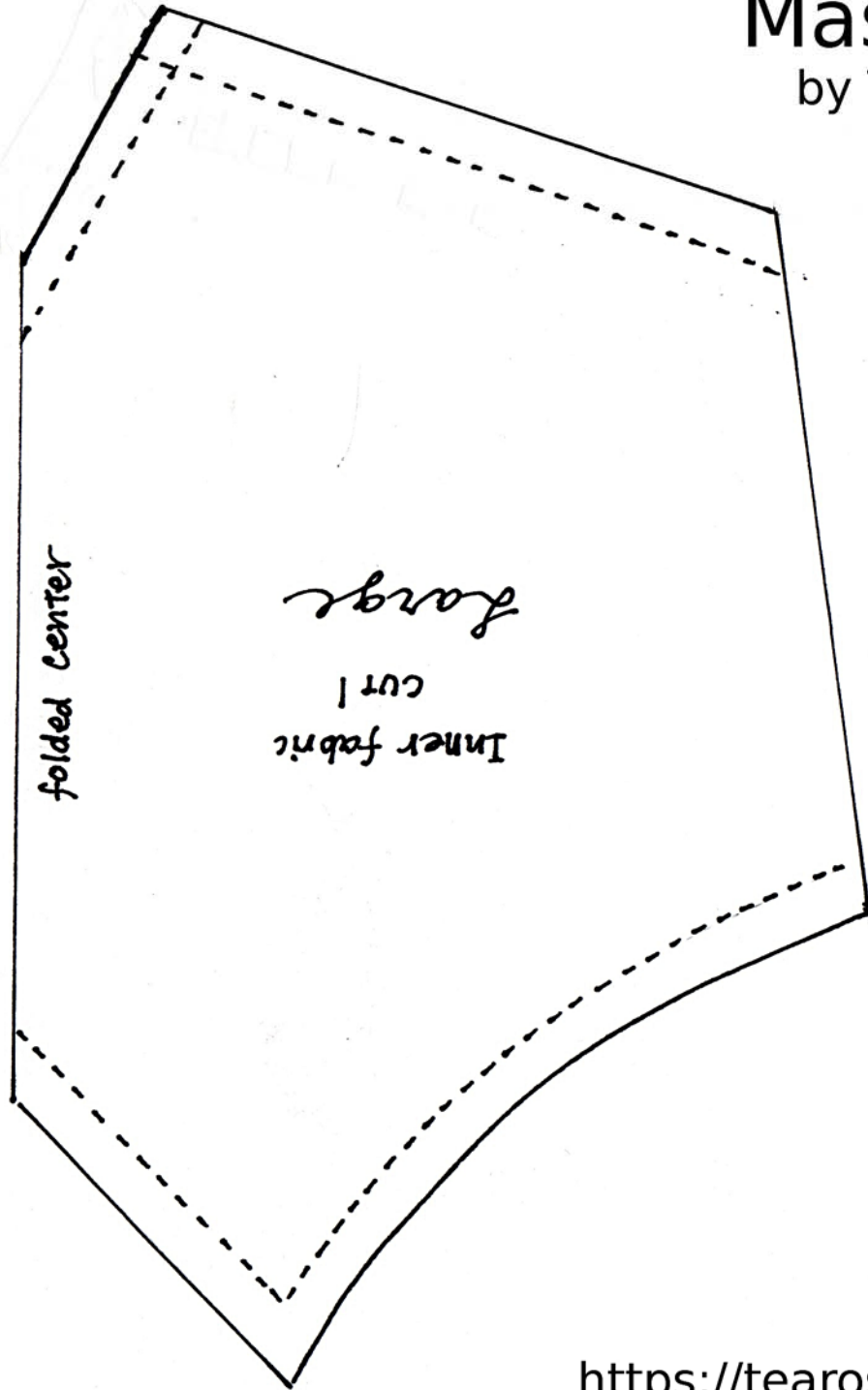
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