

# Secret Code Hand Washing Game

Actual Letter: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
Secret Code Letter: Z Y X W V U T S R Q P O N M L K J I H G F E D C B A

*Secret code letters are in parenthesis below. Match the code letters to the actual letters to spell a word relating to hygiene.*

1. Type of germ that causes hepatitis A is a \_\_\_\_\_.  
( E R I F H )
2. Wash your hands for at least \_\_\_\_\_ seconds .  
( G D V M G B )
3. When washing your hands use \_\_\_\_\_ water .  
( D Z I N )
4. Hand washing soap should be \_\_\_\_\_ .  
( Z M G R Y Z X G V I R Z O )
5. Most important part of hands to wash is under the \_\_\_\_\_ .  
( U R N T V I M Z R O H )
6. Germs can be spread at least \_\_\_\_\_ different ways.  
( U L F I )
7. When washing your hands rub together \_\_\_\_\_ .  
( E R T L I L F H O B )
8. The best prevention against infectious disease is \_\_\_\_\_ .  
( S Z M W D Z H S R M T )
9. The type of germ that causes Shigella is a \_\_\_\_\_ .  
( Y Z X G V I R Z )
10. The most important time to wash your hands is after using the \_\_\_\_\_ .  
( G L R O V G )



Name \_\_\_\_\_

**I pledge to wash my hands regularly**



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# Hand Washing Lesson Plan - Grade 6

Objective 7060-0310: Identify and discuss health practices associated with less illness and longer life expectancy.

## General Principles:

- Germs are so small that you can not see them and they are found almost everywhere.
- There are many types of germs (bacteria and viruses).
- Bacteria and viruses can cause illnesses and diseases such as: upper and lower respiratory tract infections, influenza, pneumonia, hepatitis A & B and Shigellosis.
- Washing your hands is the best prevention against these illnesses and diseases!

## How to Wash Your Hands:

- Use warm, running water.
- Use liquid or pump soap whenever possible.
- Rub hands together vigorously for 10-20 seconds.
- Pay special attention to the cuticles and underneath the fingernails.
- Rinse thoroughly and dry off hands with a dry paper towel or hand dryer.

## When to Wash Hands:

- After using the toilet.
- Before preparing, touching or eating food.
- After playing with animals, handling money, coughing, sneezing, or blowing your nose.

## Importance of Hand Washing:

- Illnesses and diseases caused by bacteria and viruses can be very serious and can even cause death if not properly treated.
- Germs can be spread 4 ways: fecal-oral contact (ie-hepatitis A and Shigellosis), direct/close contact (ie-lice), blood contact (ie-HIV/AIDS and hepatitis B) and respiratory/airborne contact (ie-influenza and colds).
- For a more thorough explanation on how germs are spread please refer to the hand washing fact sheet.

## Miscellaneous Information:

- Hand washing message needs to be reinforced several times throughout the day, especially before lunch and after using the restroom.
- Teach by example.
- The activity asks each student to write his/her name on the bottom of the page pledging to wash their hands. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.
- Please copy the activity on the reverse side of this sheet for the children to complete. Answers to the activity are provided below.

## Answers to Activity:

- |                  |                 |
|------------------|-----------------|
| 1. virus         | 6. four         |
| 2. twenty        | 7. vigorously   |
| 3. warm          | 8. hand washing |
| 4. antibacterial | 9. bacteria     |
| 5. fingernails   | 10. toilet      |

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