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Max's hand washing school

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What is this brochure about?

This brochure will teach children facts regarding hand hygiene and why it is so important.

This material is suitable for children between the ages of 6 to 12 and includes:

- Explanations on the subject of hygiene
 - written and prepared to suit children
- Experiments and games for children to learn about hand hygiene experimentally

In case of questions, please contact us directly at:
(Address and customer service)



SCA Care of life. Because our products make life easier for you and for millions of people around the world. Because our resources and the way we work are natural parts of the global lifecycle. And because we care.



Have fun with these exercises – and remember to always wash your hands. See you soon!

IMPORTANT: Dimensions for the pocket should be checked on a local basis and adjusted according to contents.

Dummies should be reviewed prior to print.

Magenta text is for guide purposes only and should be replaced before final print.

Cutter guide does not print.

Max, a nine year old boy from a small town near the coast, is always on the go. His big, warm smile easily rubs off on others. He lives in a big house with his parents, his little sister Ella and their dog Charlie – a large crossbreed who loves to cuddle up on Max’s lap.

Max is always kicking around with his best friend, playing football or running in the park. But he's not the restless type – he loves being in school too, learning new things every day. In fact, Max has a very special interest. He knows everything there is to know about bacteria! All those mysterious little creatures fascinate Max, and he can't get enough of them.



Welcome to Max

Hello! I'm Max, did you know that every year about 10% of your class mates miss class due to being sick? However, there is a solution that can help! Better and improved hygiene habits can help you stay healthy, like for example washing your hands at the right time. In this book I will tell you more about this...

*Source: Prof. Dr. K. Klein, Research Centre for Health Education, Department of Biology and Didactics, University of Cologne



What are microbes?

Microbes come in many shapes and sizes. They're so small that they can only be seen under a microscope.



- They are found everywhere. For example, they are found on tables, on the ground, in the street, in the house, on all possible objects and on people.
- There are millions of microbes on a human body, most are good ones.
- Microbes can be bacteria, viruses or fungi. They are of different sizes and can cause various diseases. For example, a virus is so small that you cannot even detect it with a normal microscope.
- Bacteria are single-celled microorganisms. Most bacteria can also grow on non-living surfaces. They can be found almost everywhere on earth: in the soil, water, air, on living organisms and objects.
- Bacteria multiply by cell division. Bacteria can multiply rapidly under favourable conditions. Cell division takes place about every 20 minutes.

Cell division



Where can you find microbes?



people



house



ground



street



objects



tables

How and when do bacteria multiply?

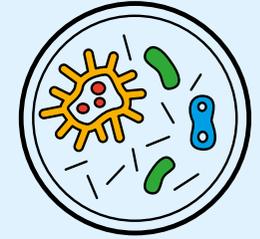
Bacteria are living organisms which only consist of one cell. They multiply by simply dividing. First the bacterium starts to grow, and then its body narrows down in the middle until one bacterial cell has become two.

Every single bacterial cell repeats this process if the living conditions are favourable.

There are a few exceptions to these rules, as some bacteria survive in a dry environment, and some can survive in high temperatures.

When it comes to their food or nutrition many bacteria prefer protein, fat, carbohydrates and salt. Layers of skin are perfect food for bacteria. No bacteria like cleaning, because you take their food away from them!

What do bacteria look like?



Bacteria are a few micrometres in length and different shapes

All bacteria need water to live and grow just like you



Where do bacteria feel comfortable?

15°-40°C

temperature, moist, oxygen



Most of the bacteria like food left-overs and layers of skin

What are viruses?

Viruses are the simplest known life form and are much smaller than bacteria.

Viruses require a living host such as a plant, an animal or a human in order to survive and multiply.

Some bacteria are even very useful and help, for example, in the production of medicines or in the preparation of foods such as cheese and yoghurt. Only a few microbes could make you sick.

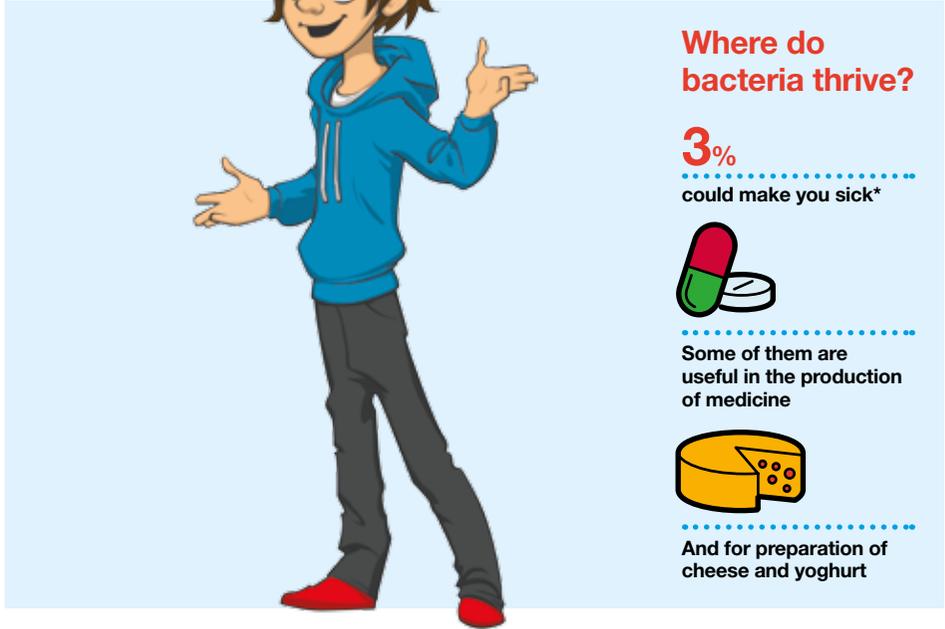
To prevent diseases, you should wash up regularly and pay special attention to the hands. Since we touch a variety of things with our hands in the course of a day, we also come into contact with many microbes, which then make themselves at home on our hand. But by thoroughly washing and drying your hands they are removed and cannot cause any diseases.



How do we get sick from germs?

It's so easy for microbes to spread from person to person. From touching hands, to sharing infected objects such as door handles. While most microbes are friendly and help our bodies healthy, some aren't so helpful and can make us sick. So, in order to prevent germs being passed on to others, it's important we wash our hands and practice good hygiene.

The right hygiene is important to stop them from being passed on.



Germs spread by:

- Direct skin contact by touching, e.g. shaking hands
- Indirect skin contact by frequently touching commonly used objects (door handles, tools, clothing, etc.)
- Transmission through food
- Droplet infection
- Body fluids
- Wounds

Where do bacteria thrive?

3% could make you sick*



Some of them are useful in the production of medicine

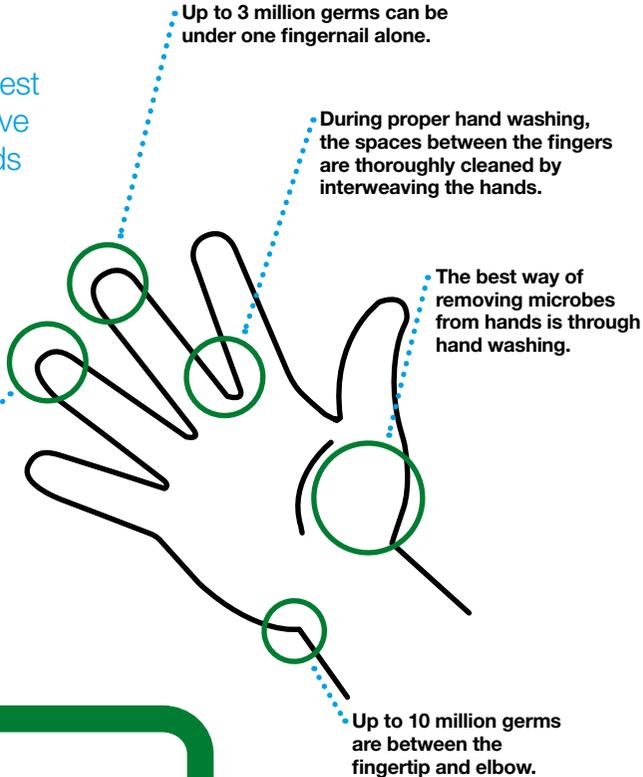


And for preparation of cheese and yoghurt

How can you avoid getting sick?

Hand washing is the fastest and easiest way to remove microbes from your hands

Wash hands for 30 seconds with enough soap.



Since germs love a warm and wet environment, the hands also have to be thoroughly dried.



Why is hand washing so important?

Microbes are all around us, we don't always realise that we're coming into contact with them. So if we touch an object or the hand of someone with microbes, we can unconsciously spread them onto ourselves. Because we touch our face every 4 minutes, you can see how easy it is for the germs to spread.

Good hand washing is the first line of defence against the spread of many illnesses.

130 km/h
is the speed that germs spread after someone sneezes

.....
Most infections are transmitted via the hands

.....
Germs on a surface can be transmitted through contact with hands

.....
Germs are transmitted simply by shaking hands

When should you wash your hands?

If you come into contact with objects which are used by many people, you should wash your hands afterwards!



For example, on the way to school you come into contact with germs...

- when you hold onto something in a bus or train
- when you open the classroom door
- when you greet a school friend

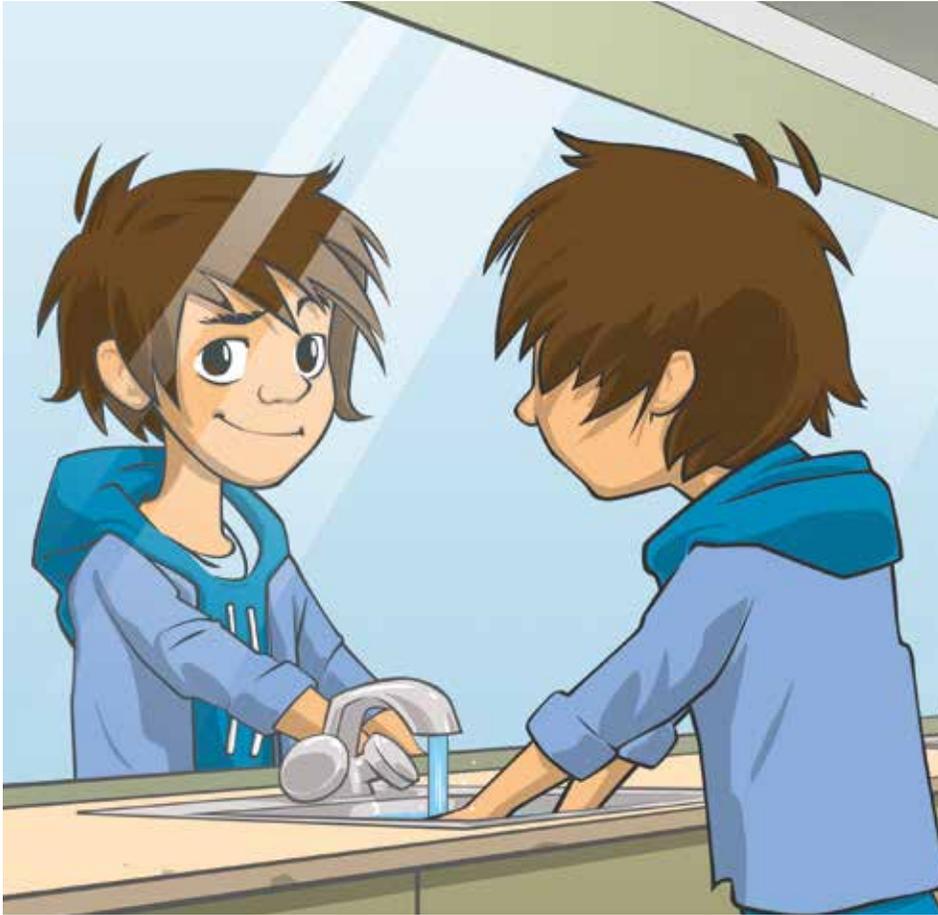
You also have to wash your hands after other situations...

- Using the toilet
- Touching an animal or animal toys, leashes or waste
- Blowing your nose or coughing or sneezing into your hands
- Touching a sick or injured person
- Handling garbage or dirty clothes or shoes

For example, during leisure time you come into contact with germs...

- when you touch money in order to pay for something
- when you play outside

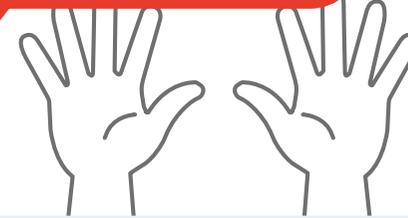
How do you wash your hands properly?



Proper hand washing is not so easy. Many spots are easily neglected during hand washing.

It's important you clean the both sides of your hand – both the palms and the back, between your fingers and not forgetting your fingernails. Microbes can get under your fingernails, so ensure you wash them too.

Fingernails are important!
Clean under them when
you wash your hands



Hands should be washed for about 20 seconds.

The “clean hands” song will help you. This should be sung to the tune of *Row, Row, Row Your Boat*. Sing this while washing your hands and you will know when the washing time is up.

Wash, wash, wash your hands
Wash them well today
Soap and water does the trick
It keeps the germs away!

Wash, wash, wash your hands
Wash them day and night
Scrub with soap and water too
And illness it will fight!

Scrub, scrub, scrub your hands
Until they're nice and clean
Down the drain go dirt and germs
Never to be seen

Rinse, rinse, rinse your hands
Under the water stream
Merrily, merrily, merrily, merrily
Hand washing's a dream

Recommendations for correct hand washing:

1



Moisten the hands under warm water and apply liquid soap afterwards. Use soap dispensers where possible.

2



Lather up on both sides of your hands, your wrists, between your fingers and around your nails. Wash for 20 seconds.

3



After that, rinse the hands under running water.

4



Finally dry hands, preferably with paper towels.