

OCTOBER MONTHLY ANNOUNCEMENT RESOURCE GRADES 6–12 SUPERHEROS WASH THEIR HANDS!

ADAPTED FROM AN APPLE SCHOOLS RESOURCE



Announcement #1:

Good morning, it is cold and flu season which means this is a great time to remind you that washing your hands is one of the most important things you can do to protect yourself and others from the spread of germs. Let's all do our part to help stop the spread of germs, wash your hands often.



Announcement #2:

Did you know that when your hands are not washed properly that you are spreading germs to other people and to all the surfaces you touch? Washing your hands for at least 20 seconds will help protect yourself and others from germs. Let's all work together to keep our school healthy!



Announcement #3:

Did you know it takes at least 20 seconds of handwashing to get rid of the germs on your hands. The next time you're washing your hands sing the Happy Birthday song twice in your head or out loud! Then you know you are scrubbing long enough to get rid of all the germs. What's another song you could sing?



Announcement #4:

It's cold and flu season, here's a quick reminder on when to wash your hands:

1. after using the washroom
2. after sneezing, coughing or blowing your nose
- 3) after handling garbage
4. before eating
5. before and after touching your face especially your eyes, nose or mouth
6. after touching animals
7. every time your hands are visibly dirty or feel dirty!

Can you think of any other time to wash your hands ?



Announcement #5:

Did you know that one of the best ways to keep our school healthy is to wash our hands frequently. Remember to scrub the back of your hands, between fingers, thumbs and around our fingernails for at least 20 seconds This is an important step in the handwashing process. Let's all work together to keep our school healthy!



Announcement #6:

Remember if you want to get all the germs off your hands it's important to remember all the key steps in proper handwashing:

1. wet hands
2. apply soap
3. scrub backs of hands, between fingers, thumbs and around fingernails for at least 20 seconds
4. rinse
5. towel or air dry
6. turn off taps with towel if available.

The more we practice the better we will do in removing all the germs from our hands!

Healthy Learner Team
ASD-W

