GERM SMART
Grade 7 - 12

Handwashing & Germs Lessons
How to Wash Lesson (Glaxo)
- Demonstration
- Purchase Supplies
- Other Activities to reinforce handwashing

Germ Smart Posters

Handwashing Training
Check out these great handwashing videos!

GERMS
WASH YOUR HANDS
A How-To Video

Did you know...
Handwashing can reduce illness (sickening and spread of illness)

Are you Germ Smart?
Maybe catch some re-runs tonite?

GERMS MAKE YOU SICK
WASH YOUR HANDS

If some had some fun here, but these germs are real. We know, because we gave them samples with actual samples from the hands, from the hands of for example, doctors, students, college students, you name it. We went into it. We did it to illustrate that 50% of all infections are spread by hands. The good news? Proper handwashing can reduce illnesses by up to 33%. Remember...clean hands stop germs!

www.germsmart.ca

What grows around, comes around.

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Congratulations, you've gone viral!

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Give it time, it'll grow on you.

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GERMS MAKE YOU SICK
WASH YOUR HANDS

1. Wet hands
2. Soap
3. Scrub palm to palm
4. Palm to back
5. Thumbs
6. Between fingers
7. Knuckles to palm
8. Fingertips
9. Rinse
10. Dry
11. Use towel to turn off tap and open door

Your hands are clean!

...remember to scrub for 15 full seconds, then rinse.

CLEAN HANDS STOP GERMS
WASH YOUR HANDS

www.germsmart.ca

GERMS MAKE YOU SICK
SANITIZE YOUR HANDS

1. Apply hand sanitizer
2. Scrub palm to palm
3. Palm to back
4. Between fingers
5. Knuckles to palm
6. Fingertips
7. Thumbs
8. Your hands are clean!

remember to scrub for 15 full seconds.

CLEAN HANDS STOP GERMS
WASH YOUR HANDS

www.germsmart.ca
Outsmart Germs...Wash Your Hands!
GERM SMART
Germ Smart School

Teachers play a key role in preventing the transmission of disease from the most common culprits - bacteria and viruses.

Did you know...

80% of infectious diseases can be spread by hands and contaminated surfaces (PHAC 2008). Handwashing can reduce GI illness by 53% and respiratory illness by 28%. (Glees et al., 2008)

DOWNLOAD GERM SMART QUICK GUIDE

POSTERS (CONTACT US TO ORDER FREE POSTERS)

CLASSROOM & SCHOOL RESOURCES

Grade 6 - Grade 8

Grade 7 - Grade 12

Bulletin Board Ideas

Contact us at germSMART@SaskatoonHealthRegion.ca or call 306-652-8022.
“Wash Wash Your Hands”

“How-to Wash – Outsmart Germs”
Visit www.germsmart.ca for additional resources to support hand-washing in your workplace.

Or contact us:
Call 306-655-4612 or email germsmart@saskatoonhealthregion.ca