

# Hygiene Week / October 23<sup>rd</sup> – 27<sup>th</sup>

The purpose of hygiene week is to help decrease the spread of infectious diseases that are commonly spread at this time of year. Education in the area of public sanitary practices may be essential in the coming years with the increased possibilities of Avian Flu. Here are some objectives we would like for you to consider addressing during the week.

## Name healthy behaviors that relate to:

Personal hygiene (hand washing, coughing and sneezing, spitting, handling dead animals, tooth brushing, flossing, food safety, etc.)

## Demonstrate healthy behaviors that relate to:

Personal hygiene (hand washing, coughing and sneezing, spitting, handling dead animals, tooth brushing, flossing, food safety, etc.)

- Describe relationships between personal health behavior (hand washing, coughing and sneezing, spitting, tooth brushing, flossing, handling dead animals, food safety, etc.)
- Explain importance of personal health-promoting behaviors (e.g., covering sneezes and coughs, proper hand washing, not spitting, not handling dead animals, adequate sleep, healthy diet, physical activity)

## Describe ways to reduce risks related to other people's poor hygiene practices.:

- Define and provide examples of communicable diseases spread by poor hygiene practices.
- Identify personal health behaviors that reduce health problems.
- List environmental influences that affect disease susceptibility.
- Explain how societal hygiene practices and personal hygiene practices are interrelated.
- Describe the relationship between healthy people and a healthy environment.
- Demonstrate universal precautions through examples (e.g., not touching blood/bodily fluids, hand washing, germ transmission, sneezing and coughing)

## Compare healthy environments and healthy people with unhealthy environments and unhealthy people:

- Evaluate disease prevention and control practices (e.g., education campaigns, immunization, laws, etc.).
- Identify their responsibility as active participants in disease prevention.
- Explain the association of poor hygiene practices and communicable diseases, risk reduction and disease prevention components.

# Hygiene Week

Public Folder under Nutrition>Hygiene> contains coloring books, experiments, posters, songs, etc.

The following web sites are great for most of the topics. The videos are short and would be great for viewing building wide on TV:

Elementary & MS: <http://www.henrythehand.com/> songs, short video and lots of activities

MS & HS: <http://foodsafety.ucdavis.edu/music.html#songs> songs and videos created by university students on hand washing and food safety. May be too comical but HS & MS students Hand washing, germ transmission will remember them.

Great K-12 site with more detailed videos <http://www.unitedstreaming.com/index.cfm>

**Monday October 23<sup>rd</sup>** Hand Washing

**Tuesday October 24<sup>th</sup>** Coughing, Sneezing, Spitting

**Wednesday October 25<sup>th</sup>** Dental Hygiene (Brushing, Flossing)

**Thursday October 26<sup>th</sup>** Food Safety

**Friday October 26<sup>th</sup>** Handling Dead Animals and Reporting Dead Fowl (Avian Flu)