

## St. Mary's Safety and Health Activity Fair Hygiene Outline

By Joshua Hernandez, Essence Byrd, Grace Catanese, & Melisa Fahey

### I. Health Hygiene

#### A. Hand hygiene

1. Using antibacterial soap
  - a. Rubbing the soap in
  - b. Sing a song for proper length
2. Rinsing hands
  - a. Taking time to get all the soap off
3. Drying hands properly
  - a. Till hands are completely dry
  - b. Using another paper towel to turn off the faucet

#### B. Teeth brushing, Flossing, and Mouth washing

1. Brushing teeth
  - a. Place toothpaste on brush
  - b. Place toothbrush in mouth
  - c. Explain ways to brush teeth for 2 minutes
2. Mouth washing
  - a. Place mouth wash in cup/lid of mouthwash
  - b. Pour mouthwash in mouth
  - c. Show length of time (30 seconds) to rinse mouth
  - d. Spitting mouthwash out
3. Flossing
  - a. Pull amount of floss needed

- b. Demonstrate proper way to floss
- c. Rinse mouth

### C. Coughing and Sneezing

- 1. Coughing
  - a. Proper way to cough into elbow
- 2. Sneezing
  - a. Proper way to sneeze into elbow/tissue

### D. Temperature taking

- 1. Get supplies
  - a. Thermometer
  - b. Thermometer covers
- 2. Proper way to take temperature with ear thermometer
  - a. Demonstrate proper way to pull ear
  - b. Place thermometer in ear
  - c. Press button on thermometer
  - d. Check reading of thermometer
- 3. Understanding when to stay home
  - a. Temperature above 100.4
  - b. Continuous coughing and sneezing
  - c. When your body feels exhausted

### E. Trivia Questions

- 1. Hand hygiene questions
- 2. Oral hygiene questions
- 3. General hygiene questions

Supplies being used for demonstrations:

- Hand Soap (Josh)
- Paper towels (Josh)
- Bowls for Hand Hygiene Demonstration (Melisa)
- Hand sanitizer (Melisa)
- Mouth wash (Grace)
- Toothbrush (Grace)
- Toothpaste (Melisa)
- Floss (Melisa)
- Thermometer for ear (Melisa)
- Latex gloves (Melisa)
- Stickers (Melisa)
- Basket of prizes/snacks (K-5th Grade) (Melisa & Essence)
- Tissue packets (Essence)
- Fake teeth for flossing (will need from school)

We are going to ask before and after questions regarding hygiene for the kids. There will be prizes involved.