

Monthly Nutrition Education

Topic: Cover your Cough and Clean your Hands Time: About 15 minutes Date: _____

Nutrition Provider/Site: _____

Homebound _____ OR # of Attendees: _____ Name and Title of Presenter: _____

Objectives	Main Message	Activity	Suggested Materials for Lesson or Home Delivered Meal
<ul style="list-style-type: none"> • Audience will demonstrate the new way to properly cover a cough. • Audience will list when hands should be washed. 	<p>Clean hands save lives!</p>	<p>Use Lesson Plan: <i>Cover your Cough and Clean your Hands</i></p> <ul style="list-style-type: none"> • Introduction • Discussion and Demonstrations • Summary 	<ul style="list-style-type: none"> • Clean Hands Save Lives (in English or Spanish) • Alcohol based hand sanitizer for demonstration
<p>For more information: Department of Health http://www.dadehealth.org/index.asp</p>			

Apr 2009

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Nutrition Lesson Plan

Topic: Cover your Cough and Clean your Hands

Main Message: Clean Hands Save Lives

Introduction with Audience:

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. And properly covering your coughs, helps keep your hands clean.

Demonstrate the new way to cover a cough (1 minute)

Review the hand-out and show how to cough or sneeze in your arm if you do not have a tissue to completely cover your nose and mouth. Show how if you cough in your hand, everything you touch becomes contaminated.

Demonstrate again how to cough in your arm and ask participants to give it a try.

Discussion and Demonstration of Proper Hand Washing (5 minutes)

If actual demonstration is not an option, just use hands to show rubbing and scrubbing of all hand surfaces while describing what you are doing. And, don't forget to sing "Happy Birthday" twice through to show the amount of time.

- It is best to wash your hands with soap and running water for 20 seconds. Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather, and scrub all surfaces.
- Continue rubbing hands for 20 seconds. Need a timer? Sing "Happy Birthday" twice!
- Rinse hands well under running water.
- Dry hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.

However, if soap and clean water are not available, use an alcohol-based product to clean your hands. (Demonstrate if product is available):

- Apply product to the palm of one hand.
- Rub hands together, making sure that fingertips of both hands are cleaned. You can do this by rubbing your fingertips into the palm of the other hand - switch, and do the other hand.
- Rub the product over all surfaces of hands and fingers until hands are dry.

**Audience participation: Ask this question: *When should you wash your hands?*
Get answers from audience, then read this list (5 minutes):**

- Before preparing or eating food
- After going to the bathroom

- After changing diapers or cleaning up a child who has gone to the bathroom
- After handling garbage
- After handling an animal or animal waste
- After blowing your nose, coughing, or sneezing
- Before and after treating a cut or wound
- Before and after tending to someone who is sick

Summary Statement: Seniors are more at risk for illness, and it can take longer to regain your health. The best way to stay healthy is to prevent illness. Hand washing keeps you healthy and covering your cough helps keep you and others healthy.

Suggested Materials: 1) Hand-out: *Clean Hands Save Lives* 2) Alcohol based hand sanitizer

Information from Miami Dade County Health Department -- G. Dietz, RD, LD/N , Alliance for Aging, Inc. Apr 2009

Stop the spread of germs that make you and others sick!

Cover Your Cough



Cover your mouth and nose with a tissue when you cough or sneeze



Or cough or sneeze into your upper sleeve, not your hands

Clean Your hands after coughing or sneezing



Wash hands with soap and warm water



Or clean with alcohol-based hand cleaner

¡Evita el contagio de gérmenes que te enferman a ti y a otros!

Cúbrase la boca al Toser



Cúbrase la boca
y la nariz con un
pañuelo al toser
o estornudar



O cúbrase con
los antebrazos,
no con las manos

Lávese las manos después de toser o estornudar



Cúbrase la boca y
la nariz con un
pañuelo al toser
o estornudar



O utilice un
limpiador de
manos a base
de alcohol