

www.majisafigroup.org
info@majisafigroup.org
+1 720-459-2868



MAJI SAFI GROUP PLANNING GUIDE

Global Handwashing Day October 15

About the Day

Global Handwashing Day began on October 15, 2008 as a day to promote handwashing with soap. Each year, over 200 million people are involved in handwashing celebrations in over 100 countries around the world.

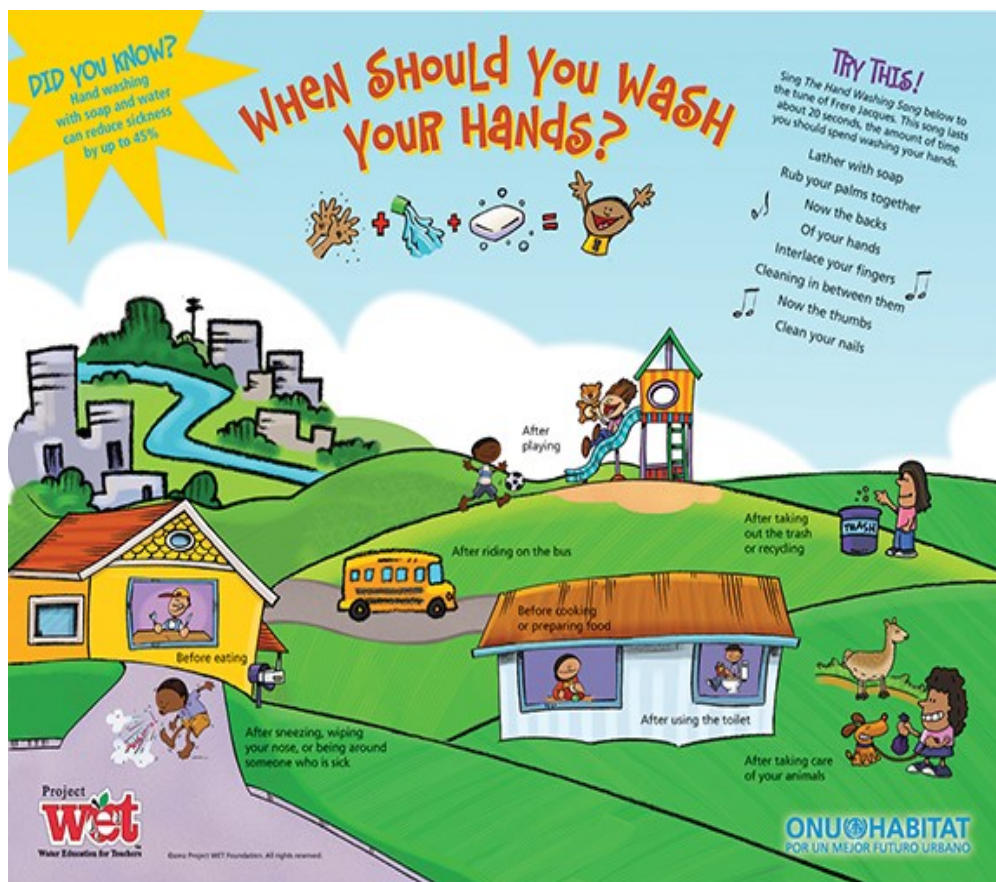
Maji Safi Group joins the celebrations every year!

Maji Safi Group teaches water, sanitation and hygiene (WASH) education and disease prevention in remote and impoverished areas of Tanzania.



Why Handwashing with Soap?

According to the American Cleaning Institute, handwashing with soap is the most effective and inexpensive way to prevent the diarrheal and acute respiratory infections that take the lives of millions of children in developing countries every year. Together, they are responsible for the majority of all child deaths.



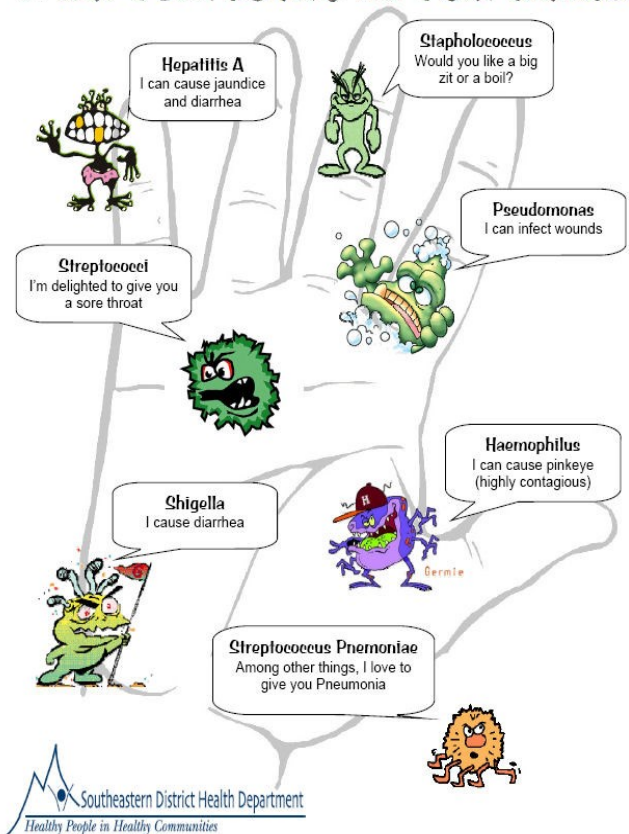
Despite its lifesaving potential, handwashing with soap is practiced too little. Even in the United States, where soap is plentiful, handwashing does not happen as often as it should.

Facts about Handwashing

- Washing your hands is the easiest and most cost-effective way to prevent disease and reduce disease rates.
- A safe drinking water supply reduces diarrheal disease by 6%, while improved hygiene, especially washing hands correctly with hot water and soap, reduces diarrheal incidence by 45%. (Black & King, 2009)
- On average, you come into contact with 300 surfaces every 30 minutes which exposes you to 840,000 germs. That is 20,160,000 germs a day! (Tork Report, 2011)
- In the US, 95% of people wash their hands improperly. (Jaslow, June 2013)
- 1/3 of the world's soap is used in the US. (Global Soap Project, 2011)
- On each square centimeter of your skin, there are about 1,500 bacteria. (Minnesota Department of Health)
- In a study conducted in a Michigan college town, 10.3% of people did not wash their hands at all, and 22.8% did not use soap.
- 1.4 million deaths can be prevented each year through handwashing with soap. (Global Soap Project, 2011)
- We absorb 60% of the substances we put on our skin. (Global Soap Project, 2011)
- In the US, 48 million people get sick every year from contaminated food, and the Centers for Disease Control and Prevention (CDC) say 50% would not have gotten sick if people had washed their hands properly.
- More than half of all Americans do not wash their hands after riding public transportation, after using shared exercise equipment, or after handling money. (Tork Report, 2011)
- 40% of US adults said they sometimes skip using soap when washing their hands. (Tork Report, 2011)
- Only 2/3 of all adults in the US wash their hands after using the bathroom. (CDC, 2013)



What GERMS Are On Your Hands?



The 8 Steps of Proper Handwashing

- | | |
|--------------------|----------------------|
| 1. Palm to palm | 5. Back of fingers |
| 2. Between fingers | 6. Fingernails |
| 3. Back of hands | 7. Wrists |
| 4. Base of thumbs | 8. Rinse and air dry |

Do not recontaminate by drying hands on dirty clothes or towels!

Print Materials — Media Links — Websites

- [“Wash Your Hands” in 24 Languages](#)
- [Hand Hygiene: The Dirt on Germs \(video\)](#)
- [Project Wet — The Role of Water in Our Lives](#)
- [Global Handwashing Partnership — Guide and Resources](#)
- [Global Handwashing Day in Your School — Poster](#)
- [Handwashing Activity Flyer](#)
- [Handwashing Activities, Songs and Stories](#)
- [Project Wet — Posters and Coloring Sheets](#)
- [CDC Handwashing Resources – Fact sheets, videos, podcasts, posters, etc.](#)

Maji Safi Group — Videos

[Mazingira — The Environment— Song](#)

[The Water Carriers — Shirati, Tanzania](#)

[Making Learning Fun — Empowering People](#)



Activity Ideas



- **Using Music and Dance:** Have participants come up with a song and/or dance about handwashing. If you make a creative video, Maji Safi Group will post it on their Facebook page and blog.
- **Experimenting:** Have participants put a spoonful of vegetable oil mixed with cinnamon on their hands. This mixture will symbolize germs. First, have the participants try to wash the mixture off in cold water without soap. (Hands will still feel oily). Try the same experiment with warm water and no soap. (Hands will probably still feel moist and slick). Last, try the same experiment with warm water and soap. (Hands will be clean).
- **Trees of Dreams:** Have participants draw their hands on a piece of paper and write or draw a dream for their future on the paper hands. Decorate the hands and cut them out. Paste the hands on a poster with the title 'Hands Should Carry Dreams, Not Disease'.
- **Tug of War:** (Clean Water vs. Bacteria): Tug of War is a classic game. Make one side the Bacteria and the other side Maji Safi (clean water) and have them duel it out.
- **Glitter Bacteria Transmission:** The group stands in a circle. The first person puts some glitter on his or her hand and then shakes the hand of the person to the left. Everybody in the group shakes hands going to the left. Then the facilitator asks if anybody has glitter on his or her hands. This represents how bacteria can be transmitted.
- **Maji Safi, Maji Safi, Vijidudu:** (Clean water, clean water, bacteria): This is Maji Safi Group's version of the classic game Duck, Duck, Goose. This is a simple activity that can be used with any age group.
- **Steps of Handwashing:** Teach and practice the 8 steps of handwashing with all the participants. After each participant has cleaned his or her hands properly, give them a snack and remind them of the importance of washing their hands every time before they eat.

- **Germ Hunt:** Hide cutouts of germs in various places around the room. After teaching the group the different places where germs can hide, have the participants find germs. Give a prize to individuals who identify the most places where germs hide.
- **Bean Bag Toss:** Try to "sink germs" by tossing bean bag "germs" into a container. Have participants say when it is important to wash their hands before they toss the bag.
- **Awareness Booth:** Set up a booth full of materials in your workplace and/or institution. Explain the facts about handwashing. Use as many videos, visuals, and activities as you can.
- **Handwashing Song:** Sing a handwashing song to the tune of the Wheels on the Bus:

*The soap on your hands goes
sud, sud, sud
sud, sud, sud.
The soap on your hands goes
sud, sud, sud.
And the germs go down the
drain.*



Please share your photos of
your Global Handwashing
Day event. Send to:
info@majisafigroup.org