

# Healthy Habits-Hands Patch Program®



This 2" iron-on embroidered patch is part of our Patch Program®.



How Daisy\* and Brownie\* Girls can earn the Healthy Habits – Hands Patch Program®:

Help stop the spread of germs.

- Remind your girls of the importance of covering their mouth when they cough and covering their nose when they sneeze. Using a tissue is best of course but show them what to do if a tissue isn't readily available. For some silly fun to help them remember, have them act it out.
- Keep hands clean. Girls who completed the **Washed My Hands Patch Program®** will know when and how to wash their hands properly. For this patch discuss with girls what to do when soap and water isn't readily available.
  - It's important to know that hand sanitizers are not a substitute for hand washing. They may not work on hands that have visible dirt or grease on them. They can help reduce the number of germs but they will not remove every type of germ. Have the girls read the directions on a bottle of hand sanitizer and practice applying making sure they cover their hands

and fingers fully. Reinforce with the girls that even if they used hand sanitizer, they should go and wash their hands with soap and water as soon as they are able.

- Baby wipes are not designed to remove germs. These should be used only if nothing else is available and washing with soap and water should be done when possible.

### **How Junior\* and Cadette\* Girls can earn the Healthy Habits – Hands Patch Program®:**

#### **Personal responsibility for preventing the spread of flu and germs.**

- Girls at this age are old enough to remember to keep their distance from others who are sick.
- Remind girls that when they are sick themselves, it is considerate and caring to stay away from others.
- Keeping a travel pack of tissues in their backpack or purse is a good idea so they can use a tissue if they cough or sneeze. This tissue holder is a fun craft for keeping a travel pack of tissues handy: **Plastic Canvas Tissue Holder.**

### **How Senior\* and Ambassador\* Girls can earn the Healthy Habits – Hands Patch Program®:**

#### **Taking a more active role in preventing the spread of flu and germs.**

- Cleaning and disinfecting surfaces in their environment.
  - Does each girl know what products their family uses to clean and disinfect? Have the girls think of commonly touched items in their home that they can clean and disinfect. (Examples: Doorknobs, phones,

remote controls, counters, tables.)

- How will your scouts decide to practice disinfecting surfaces? Perhaps they can pick one or more things off the list they created and make a commitment to disinfect those items daily. They might decide to choose a different item off the list each day for a week.
- Texting each other when they have completed the task for the day could be a good reminder for the group. Doing this for a week could help them get in the habit of disinfecting commonly touched items regularly.
- At this age girls may have more input as to whether they are well enough to go to school, work or social activities. Discuss when should people stay home to prevent the spread of an illness. (Example: If they have flu-like symptoms which might include fever, cough, sore throat, aches, chills, etc.) When is it okay to go out again? (Example: Should be fever free for at least 24 hours without the use of medication to bring fever down)
- Girls this age are most likely to start taking a more active role in their own health decisions. Together with their parents and doctor girls can get information about whether a flu vaccine is appropriate for them. Encourage girls to talk to their parents about what things they consider when deciding what vaccines or treatments are appropriate.