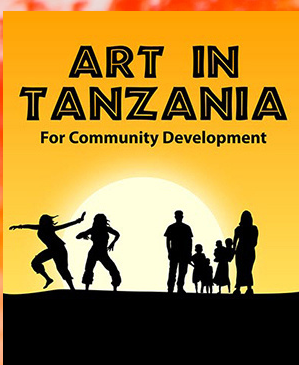


Paint and Prevent

A guide to a visual arts-based
handwashing workshop

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Introduction

Welcome to carry out a Paint and Prevent workshop!
This handbook introduces a day of fun, mixing visual arts and facts about the importance of handwashing in infection prevention.

The workshop you are about to carry out aims at teaching the participants handwashing skills and knowledge. It consists of three parts: discussing handwashing, strengthening memories with a painting session, and reflecting through an art exhibition.

Use any materials or venue that best fit your audience!

Feel free to experiment and try other art forms, too! Maybe change the art exhibition to a talent show?



The items

First, familiarise yourself with the handwashing items below and the additional information in the links at the end of this handbook.

If you feel an item has expired or has dated information, or it does not address the participants of your workshop, you can change it to another handwashing topic to better fit your audience.

Note that health information changes. Always make sure to provide correct and current information!



Ten key items:	Identifying learning needs:	Transferrable knowledge:
Skills		
1. Soap	Identifying the relevance of soap in handwashing manners.	Soap should be used every time hands are washed, to remove pathogens efficiently.
2. Timing	Identifying when washing your hands is necessary.	The correct handwashing times: Before, during, and after preparing food; before eating food; before and after caring for someone at home who is sick with vomiting or diarrhoea; before and after treating a cut or wound; after using the toilet; after changing diapers or cleaning up a child who has used the toilet; after blowing your nose, coughing, or sneezing; after touching an animal, animal feed, or animal waste; after handling pet food or pet treats, and after touching garbage
3. Drying	Identifying the importance of drying hands regarding infection prevention.	Hands should be dried completely dry with a clean towel after washing your hands, to prevent pathogens from attaching to the skin
4. Technique	Identifying the need to cover each part of your hands, while washing your hands. Identifying the correct order and duration of handwashing.	The correct order for handwashing is: add water, add soap, scrub, rinse, dry. Hands should be scrubbed together 20 seconds after adding soap to remove pathogens efficiently.
5. Running water	Identifying the importance of running water.	Running water is an important part of handwashing for removing pathogens and soap efficiently, also in the reduction of skin irritation from soap. It is also safer than stagnated water. Water does not have to be hot. Cool water may cause less skin irritation and is more environmentally friendly than warmer water



Knowledge		
6. Preventing illness	Identifying that handwashing prevents diarrheal disease and respiratory infection related illness and deaths.	Washing hands regularly prevents respiratory infections and diarrhoeal diseases, common cold, flu and the spread of anti-microbial resistant bacteria.
7. Locating pathogens	Identifying the locations and pathogens living on one's hands.	Most of the microbes on one's hands live under the fingernails. Normal human flora (germs) can be dangerous in wrong places.
8. Routes of transmission	Identifying the most common ways pathogens move from hands to people	Through hands to mouth, nose and ears, as well as surfaces.
9. Global Infection prevention	Identifying the effects of handwashing in a global health aspect.	Handwashing is one of the most effective preventative method regarding infection control, and during the Covid-19 pandemic handwashing should be even more regular. Prevents antibiotic resistant pathogens.
10. Accessibility	Identifying global issues with running water and lack of soap.	40% of the world's population live in areas where water and soap are inaccessible. Only 19% of adolescents in Tanzania wash their hands after using toilet.



Materials

You will need a place such as a room or an open outdoor space, which comfortably accommodates the staff and participants attending the workshop.

A variety of art supplies for painting or drawing will be needed, and the more the better! The paper or cardboard used should be sturdy, and there should be at least a couple of sheets to spare per participant.

**The workshop could take anything between
2 to 4 hours.**



Discussion

The workshop starts with you telling the participants why they are there. They have been invited to the workshop to learn about handwashing skills and knowledge. Emphasise that they are all there to have fun and to learn about handwashing!

All participants, as well as you, introduce themselves. You may ask them also if they like drawing or painting.

Let everyone have a chance to speak. This may take 10 to 20 minutes.



Start a discussion about the ten items. The structure is simple: bring up any of the topics by asking a leading question about the participants' habits and knowledge. **For example:**

"How many of you use soap if it's available when washing their hands?"

"Do you have running water available when washing your hands? Do you use it? Do your friends have access to running water?"

"Do you think it is important to wash your hands more because of the Covid-19 pandemic?"

"Who could show the correct handwashing technique?"



“How many washed their hands today before breakfast?”

“Do you like to dry your hands after washing them?
Why do you think this may be important?”

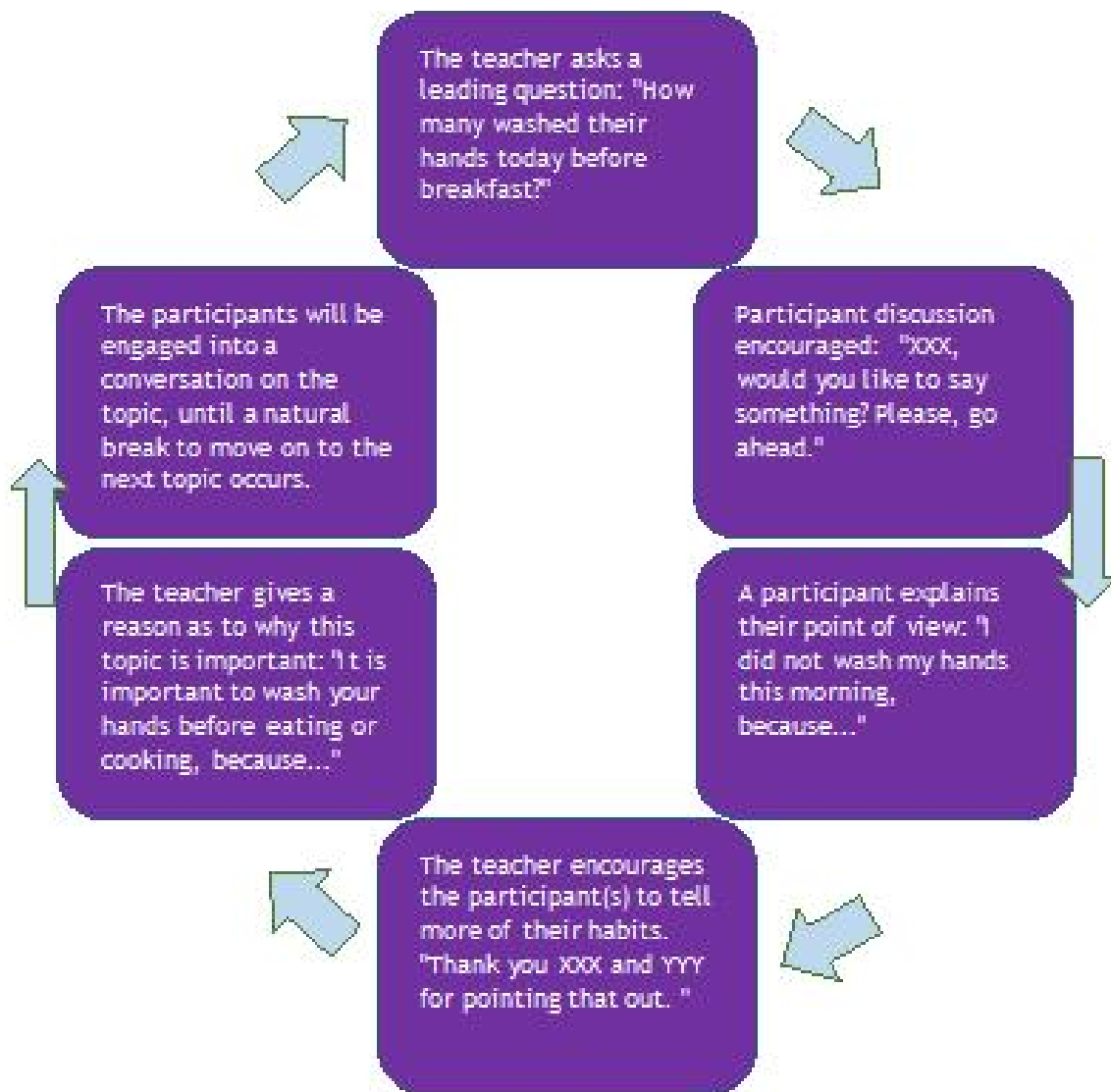
“Do you think you can prevent illnesses by washing your hands?”

“Do you think your hands may be extra dirty in certain places?”

“Does anyone know how the germs get into your body from your hands?”

“What other benefits could one get from washing their hands?”





After each question, allow time for discussion. Encourage the participants to give out their opinion and to share their thoughts and ideas. The participants may come from different backgrounds, and their ideas may differ.

During the conversation on each topic, at some point, **provide the correct information.**

The discussion should take about 30 to 60 minutes. Make sure you go through each one of the ten handwashing topics.



Painting

After you have talked about each of the items, start painting! Introduce the task: everyone can paint or draw about their feelings or thoughts about the discussion. Give them some ideas: they could for example visualise a situation where they are using the correct handwashing technique, or draw germs, or paint something about their current handwashing habits. Anything goes!

Painting may take anything from 30 to 60 minutes or even longer, depending on the participants, and the time you have reserved for the workshop. Remember to provide help with using the art supplies, as well.



Exhibition

Finally, it is time for a little art exhibition! Hang or lay out the artwork on a wall, desks or ground. Let everyone introduce what they have done and encourage discussion. There are no “wrong answers” in this part, and the artwork is not graded or critiqued. This is also a fine opportunity to provide the participants with more information on the 10 handwashing items if you notice something is still misunderstood.

Last, give the participants their artwork to take home with them as a reminder of what they have just learned!



Additional information at:

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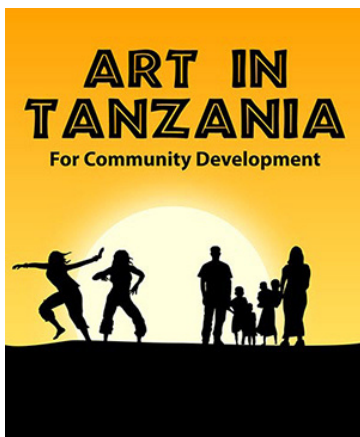
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