

help stop the spread of germs

Teacher Guide

Grades 4-8

Infection Prevention for use during Covid-19

Thunder Bay District Health Unit

Healthy Schools Program

August 2020

Handwashing and Respiratory Etiquette (Grade JK to 3)

Overall Goal: Demonstrate an understanding of factors that contribute to healthy development.

The Ministry of Education – Ontario Physical Health and Education Curriculum 2019 Grades 1-8

Human Development and Sexual Health

Grade 4

D2.2 apply a decision-making process (*e.g., identify potential dangers and risks, consider ways to stay safe, consider the pros and cons of each option, consider whether they need to check with an adult, choose the safest option, act, reflect on their decision, consider whether there is anything they could improve for next time*) to assess risks and make safe decisions in a variety of situations (*e.g., when using a wheelchair, cycling, preparing food, going online*) [A1.2 Coping, 1.6 Thinking]

D2.4 demonstrate an understanding of personal care needs and the application of personal hygienic practices associated with the onset of puberty (*e.g., increased importance of regular bathing/showering and regular clothing changes; use of hygiene products; continuing importance of regular hygiene practices, including hand washing, oral health care, and care of prosthetic devices and residual limbs*) [A1.5 Self] page 178

Grade 6

D3.2 recognize the responsibilities and risks associated with caring for themselves and others (*e.g., while babysitting, staying home alone, running errands for a senior relative or neighbour, caring for pets, volunteering in the community, assisting someone with a disability, preparing meals, travelling to and from school and other locations*), and demonstrate an understanding of related safety practices and appropriate procedures for responding to dangerous situations (*e.g., safe practices for preparing food; responses to allergic reactions, fire, sports injuries, dental emergencies, hypothermia, bullying, abuse*) [A1.4 Relationships, 1.5 Self, 1.6 Thinking]

Grade 8

D1.2 identify situations that could lead to injury or death (*e.g., concussions from contact sports or accidents; traumatic head, brain, or spinal cord injuries from falls or diving into unknown water; injuries in car accidents; mental, physical, emotional, or social*)

*harm resulting from mental health and/or addiction problems), and describe behaviours that can help to reduce risk (e.g., wearing protective gear, especially helmets; * * It is important for students and parents to understand that helmets are designed primarily to prevent injury to the skull and that there is no current evidence that they prevent concussion. Helmets do not stop the brain from moving within the skull. *thinking before acting; avoiding conflicts that could lead to violence; avoiding diving into unknown water; being cautious when driving or riding ATVs, tractors, boats, or snowmobiles; following hunting and trapping protocols; being aware of food safety when cooking and preparing food; using self-acceptance, coping, and help-seeking skills)* [A1.2 Coping, 1.5 Self, 1.6 Thinking]*

D2.2 demonstrate the ability to assess situations for potential dangers (*e.g., getting into a car with a stranger or an impaired, unlicensed, or inexperienced driver; dependencies or coercion in dating relationships; joining gangs; participating in violence; attending a party where alcohol or drugs are being used; using cosmetic procedures or treatments such as piercing, tattooing, crash diets, or tanning without exploring potential health risks; exposure to infectious diseases through direct contact, sneezing, or coughing*), and apply strategies for avoiding dangerous situations [A1.2 Coping, 1.6 Thinking]

Objectives:

- Provide students with targeted, age-appropriate education in proper hand hygiene and respiratory etiquette (MOE Guide to re-opening schools, page 17)
- learn about what germs are and how to prevent their spread
- learn when and why you should wash your hands and how to do it properly
- demonstrate how to properly wash their hands
- learn and demonstrate how to cover coughs with upper arm or sleeve
- learn and demonstrate how to wear a mask properly (if applicable)

OPEN IN CHROME Prezi Link:

<https://prezi.com/sn4y7jezmx6h/tbdhu-covid19-teacher-toolkit-junior-intermediate/?present=1>

Please note: some videos have suggested grade levels, however, you may choose to show whichever video you feel is appropriate for your class.

NEXT SLIDE**Germs*****Facilitator prompt: What do you know about germs?***

- Germs are very tiny, living things. They are so small that you need to use a microscope to see them.
- Some germs, like the ones that cause the flu or colds, can make you sick. Germs like to live on our hands.
- When we cough and sneeze germs come out of our mouth and nose.
- The term “germs” refers to the microscopic bacteria, viruses, fungi, and protozoa that can cause disease.
- Washing hands well and often is the best way to prevent germs from leading to infections and sickness

What Are the Types of Germs?**Bacteria**

Bacteria are tiny, single-celled organisms that get nutrients from their environments. In some cases, that environment is your child or some other living being.

Some bacteria are good for our bodies — they help keep the digestive system in working order and keep harmful bacteria from moving in. Some bacteria are used to make medicines and vaccines.

But bacteria can cause trouble too, as with cavities, urinary tract infections, ear infections, or strep throat. Antibiotics are used to treat bacterial infections.

Viruses

Viruses are even smaller than bacteria. They aren't even a full cell. They are simply genetic material (DNA or RNA) packaged inside of a protein coating. They need to use another cell's structures to reproduce. This means they can't survive unless they're living inside something else (such as a person, animal, or plant).

Viruses can only live for a very short time outside other living cells. For example, viruses in infected body fluids left on surfaces like a doorknob or toilet seat can live there for a short time. They'll die quickly unless a live host comes along.

When they've moved into someone's body, though, viruses spread easily and can make a person sick. Viruses cause minor sicknesses like colds, common illnesses like the flu, and very serious diseases like smallpox or HIV/AIDS.

Antibiotics are not effective against viruses. Antiviral medicines have been developed against a small, select group of viruses.

Fungi and protozoa will not be discussed at this time.

Taken from <https://kidshealth.org/en/parents/germs.html> on August 26, 2020

Suggested for gr 4-5: All about germs (5:38)

WATCH VIDEO: <https://www.youtube.com/watch?v=S5FhWkOMdfM>

Suggested for gr 6-8: Stop the Spread (3:06)

WATCH VIDEO: <https://www.youtube.com/watch?v=ZvLFz1KSYMA>

Suggested for gr 7-8: How easily do germs spread (2:21)

WATCH VIDEO: <https://www.youtube.com/watch?v=tUF5v0ssHjY>

Facilitator prompt:

So when you cough, sneeze or talk germs can spray in the air from the respiratory tract (your lungs, nose and throat). Some are droplets which fall to the ground within a few feet from you. Pertussis (whooping cough) and meningococcal bacteria are examples of droplet transmission. Some bacteria or viruses are carried by dust or particles suspended in the air. They remain suspended in the air for long periods of time and may be blown over distances. An example of this is measles.

Germs can land on door knobs, toys, food, phones or our desks. If we touch these surfaces, the germs get on our hands and we can spread them to ourselves and others.

The germs can enter your body through your eyes, nose or mouth or when you eat. The germs can also spread to others if you touch a light switch, a phone, a pen/pencil or a table.

NEXT SLIDE

What is Covid-19?

You may have seen or heard a lot of information about the corona virus or Covid-19. Some things you may have heard might be correct information but some information might not be correct. It is important to learn correct information so that you can protect yourself or your family and friends from getting the virus.

COVID-19 is a new disease that belongs to the coronavirus family and we haven't seen it in people before. Covid means coronavirus disease and it was just discovered in December of 2019. That's why we call it Covid "19".

Covid-19 can cause an infection and make you sick and it can be passed from person to person when people are really close to each other or touch something that has the virus on it. It makes its way into our bodies through our eyes, nose and mouth. That's why we try really hard not to touch our face.

Sometimes when someone has COVID-19 they don't feel sick at all. And sometimes when someone has Covid-19 they feel really sick. COVID-19 is usually spread to someone else through a cough, sneeze or touch. People who have the virus are most able to spread it when they are sick as well as 2 days before they show symptoms.

You've probably heard Covid-19 referred to as a "pandemic". What's the difference between an outbreak, an epidemic and a pandemic?

An **outbreak** is a greater than anticipated increase in the number of cases of a certain disease. It can also be a single case in a new area. If it's not quickly controlled, an outbreak can become an epidemic.

An **epidemic** is a disease that affects a large number of people within a community, population or region.

A **pandemic** is an epidemic that's spread over multiple countries or continents.

(<https://intermountainhealthcare.org/blogs/topics/live-well/2020/04/whats-the-difference-between-a-pandemic-an-epidemic-endemic-and-an-outbreak/> taken on August 25)

Suggested for gr 4-5: Coronavirus explained to kids by a superhero (3:57)

WATCH VIDEO: <https://www.youtube.com/watch?v=RHnU6LTWh6g>

Suggested for gr 7-8: How to teach kids about Covid-19 (4:32)

WATCH VIDEO: <https://www.youtube.com/watch?v=GoXxmzKdick>

NEXT SLIDE

Facilitator Prompt: The good thing is that most people get better from Covid-19. And we can do certain things to reduce the chance that we get the virus or spread the virus to other people.

What are some things you can do to stay healthy and keep you from getting sick or making other people sick? (Elicit responses from students)

- Wash your hands
- Cover your coughs and sneezes
- Wear a mask if you are able to
- Don't stand right beside someone that is not in your family (physically distance)
- Stay home when you are feeling sick
- Eat plenty of fruits and vegetables
- Keep up to date with your immunizations/vaccines
- Brush and floss your teeth
- Get enough sleep
- Drink lots of water
- Get some kind of activity every day
- Take care of your mental health (ie take a break from the news if its causing you to feel anxious)

NEXT SLIDE

Facilitator Prompt: Why is it important to wash your hands?

- To keep you, your friends and your family healthy
- To help keep you from getting someone else's germs
- To make sure you don't put germs on your food or someone else's food
- To get rid of germs that you may pick up during the day

Facilitator Prompt: When should you wash your hands?

- After coughing, sneezing or blowing your nose.
- Before you eat.
- After using the bathroom.
- After playing with animals or touching money.
- Anytime they are noticeably dirty
- Before and after putting on or removing your mask

Does how you hand wash make a difference?

Suggested for gr 4-6: Does how you wash your hands make a difference?
Handwashing techniques by Mythbusters (2:48)

WATCH VIDEO: https://www.youtube.com/watch?v=1pFww_EaLiY

Suggested for gr 7-8: Proper handwashing! What gets left on your hands when you don't wash properly (4:45)

WATCH VIDEO: <https://www.youtube.com/watch?v=neUTmGOLJys>

Suggested for gr 6-8: How soap kills the corona virus (3:44)

WATCH VIDEO: <https://www.youtube.com/watch?v=-LKVUarhtvE&feature=youtu.be>

NEXT SLIDE

Hand Hygiene

Suggested for gr 4-6: Germ smart kids- how to wash your hands (4:50)

WATCH VIDEO: <https://www.youtube.com/watch?v=LQ24EfM7sEw>

Suggested for gr 7-8: WHO how to wash your hands with soap and water (1:26)

WATCH VIDEO: <https://www.youtube.com/watch?v=3PmVJQUCm4E>

NEXT SLIDE

Practice handwashing or performing hand hygiene

Teachers may choose this opportunity to practice and develop a hand hygiene routine with their class or do this at another time. You may choose to do “imaginary” hand hygiene at this time.

Facilitator prompt: *Now, let’s all practice together the steps to wash your hands to get rid of germs. (using our imaginary sink, soap and water)*

Using “imaginary” water, soap and a towel demonstrate the following steps as you are talking.

- ***Turn on the taps to wet your hands with warm water.***
- ***Get some soap and rub it all over your hands. Rub the soap on the top of your hands and then rub your palms together. Not under the water!***
- ***Scrub between your fingers and don’t forget to scrub your thumbs. You may wish to sing the “ABC” song in your head so you know that you are washing for at least 15-20 seconds.***
- ***The germs will stick to the soap and rinse down the drain under the running water.***
- ***Rinse well under running water.***
- ***Dry your hands with the paper towel***
- ***Use the paper towel to turn off the tap.***

(Thunder Bay District Health Unit, 2009)

NEXT SLIDE

Covering Coughs and Sneezes (respiratory etiquette)

Suggested for all grades: Mythbusters: the safe sneeze (hands/elbow/handkerchief) (4:29)

WATCH VIDEO: <https://www.youtube.com/watch?v=3vw0hls2LEg>

Suggested for all grades: Cover coughs and sneezes (:18)

WATCH VIDEO: <https://www.youtube.com/watch?v=sLXzw6j9JVw>

NEXT SLIDE

Practice covering your cough/sneeze (respiratory etiquette)

Facilitator prompt: *So what happens when I cover my coughs and sneezes with my hands? (Demonstrate covering a cough or sneeze using your hands.)*

- The germs will get on your hands and you can spread those germs to other people

Facilitator prompt: *What should you do if you use a tissue to blow your nose?*

- If you use a tissue, make sure you put it in the garbage right away and wash your hands.

Facilitator prompt: *Does anyone know what we can do to stop our germs from flying into the air or onto our hands?*

- To prevent germs from flying through the air, we need to cover our coughs and sneezes with our upper arm (*Demonstrate using your upper arm/elbow*).

Suggested for all grades: Why don't we do it in our sleeves? (5:13)

WATCH VIDEO: <https://www.youtube.com/watch?v=CtnEwUWDo0>

Now let's all practice covering our coughs and sneezes with our upper arm.
First a cough in the left arm - Everyone ready... 1-2-3 cough
Next a sneeze in the right arm. 1-2-3 ACHOOOO!

Watch and help any students having a hard time. You may wish to do a “rate *your* sneeze” game. Have the class evaluate pretend sneezes. How well on a scale of 1-10 did they cover with their elbow/arm?

NEXT SLIDE

How to wear a face mask properly

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/how-put-remove-clean-non-medical-masks-face-coverings.html# How to put%C2%A0>

Health Canada wearing a non-medical mask or face covering (1:25)

Suggested for all grades: How to wear a face mask (2:09)

WATCH VIDEO: https://youtu.be/9Tv2BVN_WTk

NEXT SLIDE

ACTIVITY: Wearing a mask do or don't activity

Print off sheet and hand to students to complete. See our website (www.tbdhu.com)

Answer Key

DO or **DON'T** wear a non-medical mask or face covering to **protect others**.

DO or **DON'T** ensure the mask is made of **at least two layers of tightly woven fabric**.
DO or **DON'T** reuse masks that are moist, dirty or damaged.

DO or **DON'T** inspect the mask for tears or holes.

DO or **DON'T** ensure the mask or face covering is clean and dry.

DO or **DON'T** wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.
DO or **DON'T** wear a loose mask.

DO or **DON'T** use the ear loops or ties to put on and remove the mask.

DO or **DON'T** ensure your nose and mouth are fully covered.
DO or **DON'T** leave your used mask within the reach of others.
DO or **DON'T** touch the mask while wearing it.

DO or **DON'T** replace and launder your mask whenever it becomes damp or dirty.
DO or **DON'T** remove the mask to talk to someone.

DO or **DON'T** wash your mask with hot, soapy water and let it dry completely before wearing it again.
DO or **DON'T** hang mask from your neck or ears.

DO or **DON'T** store re-usable masks in a clean paper bag until you wear it again.

DO or **DON'T** discard masks that cannot be washed in a plastic lined garbage bin after use.
DO or **DON'T** share your mask.

Remember, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practice physical distancing and stay home if you are sick.

Taken from https://www.canada.ca/en/public-health/services/publications/diseases-conditions/Covid-19-safely-use-non-medical-mask-face-covering.html?utm_source=info-covid-email&utm_medium=canada.ca-link-1&utm_content=hc-jul-28-en&utm_campaign=Covid-1920&utm_source=getupdatesonCovid-19-mask-2&utm_medium=eml&utm_content=info-page&utm_campaign=Covid-1920 on August 20, 2020

<https://www.canada.ca/content/dam/hc-sc/documents/services/publications/diseases-and-conditions/Covid-19-safely-use-non-medical-mask-face-covering/Covid-19-safely-use-non-medical-mask-face-covering-en.pdf> pdf of face mask use from health canada

NEXT SLIDE

Mask Poster – review on slide

NEXT SLIDE

Picture of dog without a mask.

Facilitator can choose to take this opportunity for discussion about why some students/staff may not be wearing a face covering or mask.

Facilitator Prompt: DON'T JUDGE OTHERS FOR NOT WEARING A MASK.

Kindness is important as some people may not be able to wear a mask or face covering.

There are many reasons why someone may not be wearing a mask. They don't have to tell anyone these reasons and they should not be judged or put down for not wearing a mask. If you see someone not wearing a mask, don't ask them why but rather treat them as you should treat everyone, with kindness.

NEXT SLIDE

Review

- *wash your hands for at least 20 seconds*
- *use hand sanitizer when you have no water/soap*
- *cover your coughs and sneezes*
- *practice physical distancing of 2m*
- *wear a mask if you are able to and wear it properly*
- *try not to touch your eyes, nose and mouth*
- *stay home when you are feeling unwell*

NEXT SLIDE

Classroom Activities – optional. You can do these at anytime.

Bread experiment – **WATCH VIDEO:**

<https://www.youtube.com/watch?v=iPdJvM0v0ng>

Bread Experiment – Why washing your hands Matters

WATCH VIDEO: https://www.scarymommy.com/teacher-bread-experiment-germs-hand-washing-viral/?utm_source=FB

Materials

- Three clear baggies
- Three pieces of bread
- Plastic gloves

Method

1. Put on gloves and place one piece of bread in a baggy using a gloved hand.
2. Label this first bag “controlled”.
3. Wash your hands and with your bare hands put another piece of bread in a baggy.
4. Label this bag “clean hands”.
5. Pass a piece of bread around the class and let every student touch it. Then place it in the third baggy. *(This can be modified during Covid-19 times so that each child touches only their own piece of bread)*
6. Label this baggy “dirty hands”.
7. Watch how the bread changes over time due to germs. You may wish to take pictures every few days or weeks or use a table chart to note the changes.

Using a worry box:

<https://copingskillsforkids.com/blog/coping-skill-spotlight-using-a-worry-box>

[Coping Skills for Kids: Using a Worry Box \(can also be called a Safe or Thought Box\)](#)

PRINT OFF:

British Columbia Helping Kids Learn about Covid 19

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/preparedbc/public-education-programs/master-of-disaster/master-of-disaster-activities/learning-Covid-19>

Worksheets from www.tbdhu.com - see the links on www.tbdhu.com

Reflection

What things are you already doing that are keeping you healthy?

What new thing did you learn today?

Is there anything you will do differently the next time you sneeze, cough or wash your hands?

END