

# **germs are not for sharing**

## **Teacher Guide**

### **Grades JK-3**

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

**D2.5** demonstrate an understanding of and apply proper hygienic procedures for protecting their own health and preventing the transmission of disease to others (*e.g., washing hands with soap, using a tissue, sleeve sneezing, brushing and flossing teeth, not sharing hats or hairbrushes*) page 108 (Grade 1)

#### Personal Safety and Injury Prevention

**D1.1** demonstrate an understanding of practices that enhance personal safety in the home (*e.g., observing precautions for answering the phone and door, establishing home fire escape strategies, respecting electrical outlet covers, following precautions for preparing and storing foods, washing hands*), outdoors (*e.g., using UV protection; observing safety rules when riding the bus, riding a bicycle, walking to school, approaching railway tracks and crossings; carrying medication for allergic reactions; being cautious when approaching animals*), and when online (*e.g., not sharing personal information, checking with an adult if information found online is true*) [A1.5 Self, 1.6 Thinking] page 124 (Grade 2)

#### **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)

#### **Prezi Link to be opened in Chrome:**

[https://prezi.com/kcmnkjnrhxcz/?utm\\_campaign=share&utm\\_medium=copy](https://prezi.com/kcmnkjnrhxcz/?utm_campaign=share&utm_medium=copy)

*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****Germ**

***Facilitator prompt: What do you know about germs?***

- Germs are very tiny, living things. They are so small that you can not see them with your eyes.
- Germs are so small that to see them you need a very powerful magnifying glass called a microscope.
- 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.

**WATCH VIDEO: THE JOURNEY OF A GERM (2:52)**

<https://www.youtube.com/watch?v=b09luE7z2qY>

***Facilitator prompt:***

***So when you cough and sneeze, all your germs fly into the air.***

***They can land on door knobs, toys, food or our desks. If we touch these surfaces, the germs get on our hands and we can spread them.***

***The germs can enter your body if you touch your face or pick up a snack to eat.***

***The germs can also spread to others if you touch a light switch or a toy or a table.***

**NEXT SLIDE****What is Covid-19?**

***You may have seen or heard grown ups talking about the corona virus or Covid-19. You might be wondering what that is. Today we are going to talk about Covid-19 and some things that you can do to stay healthy and help keep you from getting sick or making others sick.***

COVID-19 is a new disease that hasn't been seen in people before. It belongs to a family of viruses called "corona" Covid-19 means coronavirus disease that was discovered/found in 2019.

Covid-19 can cause an infection and make you sick. 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.

The good thing is that most people get better. And we can do things to help protect us from getting the virus or give the virus to other people.

Suggested for JK/SK: What is Coronavirus from Health Canada (2:27)

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

Suggested for Gr 1-3: Corona virus explained to kids (3:07)

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

**NEXT SLIDE**

***Facilitator Prompt: What are some things you can do to stay healthy and keep you from getting sick or making other people sick?***

Elicit responses from class. All pictures will come on screen with one click.

- 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
- Getting enough sleep
- Eating plenty of fruits and vegetables
- Drinking lots of water
- Getting immunizations/vaccines
- Brushing and flossing teeth

**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 putting on or taking off your face mask when you wear one

**NEXT SLIDE**

Suggested for JK-gr 1: Germy the Germ gets washed away (3:04)

**WATCH VIDEO:** <https://www.youtube.com/watch?v=V7LUOFKEShU>

Suggested for gr 2-3: Germ Smart Kids – How to wash your hands (4:50)

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

### **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 wish 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. Sing the “ABC” song 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: Cover coughs and sneezes (:18)

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

Suggested for jk-gr 1: Play kids cover your mouth (3:47)

WATCH VIDEO: <https://www.youtube.com/watch?v=DG4n0r8-UPA>

Suggested for gr 2-3: sci fi kids - All about sneezes (3:34)

WATCH VIDEO: <https://www.youtube.com/watch?v=b09luE7z2qY>

**NEXT SLIDE**

## Practice covering your cough/sneeze

**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*).

**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.

**NEXT SLIDE**

## Masks

Why do people wear masks? (2:20)

**WATCH VIDEO:** <https://www.youtube.com/watch?v=iE6L-4tO-rs>

Dr Cheddar wearing a mask (2 mins)

**WATCH VIDEO:** <https://youtu.be/2Bt2nem5jFg>

*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**

## Stay Well!

***Facilitator Prompt:***

***To help you stop getting sick with a cold or the flu,  
remember washing your hands is what to do.***

***When you are hungry and before you eat,  
after using the bathroom and wiping your seat.(bottom)***

***After coughing & sneezing or giving your nose a blow,  
After touching your pets or money to the washroom you go.***

***And if your hands are full of dirt and grime  
you can wash them, of course, anytime.***



***Remember to cover your coughs & sneezes in the best way you can,  
Use your upper arm and keep the germs off your hands.***

**NEXT SLIDE**

**Classroom Activities – optional. Can do at anytime.**

**WATCH VIDEO:** [https://www.youtube.com/watch?v= KirHm\\_sYfl](https://www.youtube.com/watch?v=KirHm_sYfl)

Pepper on a plate from Health Canada (1:28)

**PRINT OFF:**

Colouring pages to help students learn about Covid-19

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-Covid-19/resources-parents-children/colouring-pages.html>

Worksheets from [www.tbdhu.com](http://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?**