

Infection Control Class Outline

Junior Kindergarten - Grade 2

Time: Approximately 30-45 minutes

Learning Objectives

- Practice and discuss appropriate personal hygiene that promotes personal, family, and community health.
- Demonstrate an awareness of their own health and well-being.

Grade 1 & 2:

- 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)

Lesson plan #1 – Introduction to Germs

- What are germs?
- Germs are everywhere
- How do germs get on our hands?
- How do germs get inside our bodies?
- Germs can make us sick
- Can germs be healthy?
- Why is washing our hands important?
- Cough and sneeze into your sleeve or tissue

Lesson plan #2 – Hand Hygiene

- Why is washing our hands important?
- When should we wash our hands?
- Steps to hand wash with soap and water
- Steps to clean hands with alcohol-based hand rub

Background Information for Teachers

Children are often transmitting bacteria and viruses to others. Illnesses are a main contributor to missed days from work and school. To keep children in the classroom healthy, it is important as a teacher to be informed of good infection control practices and to instill these into children at a very young age so that it becomes second nature.

Illnesses are caused by bacteria, viruses and other microorganisms such as parasites. Many refer to these as germs. Bacteria and viruses can be found in body secretions (e.g., stool, vomit, blood) and in respiratory secretions produced by breathing, coughing and sneezing. For example, if a student infected with the influenza virus is coughing, those germs can travel up to 2 meters and deposit onto surfaces. Germs can also survive for hours, days or even longer in the environment. There are three ways in which germs can be transmitted.

- The most common mode of transmission is contact. Direct contact is when germs are transmitted from one person to the other (e.g., shaking hands). Indirect contact is when germs are transmitted from a person to an object then to another person (e.g., touching a table with contaminated hands).
- Another mode of transmission is by droplet. Droplet transmission occurs when large respiratory droplets created by coughing, sneezing travel through the air up to 2 meters. Finally, there are a few diseases which are transmitted by airborne route.
- Airborne transmission occurs when smaller particles are created by coughing and sneezing and are suspended in the air. These particles can usually stay in the air for a longer period and travel longer distances.

The single most important thing that can be done to prevent infections in the classroom is to keep hands clean. Hands play a major role in the spread of germs; therefore, it is important to remember to wash them frequently. Handwashing with alcohol-based hand rub (ABHR) is the preferred method when hands are not visibly soiled. ABHR takes less time and is less drying to your hands. Hand wash with soap and running water when hands are visibly soiled. The mechanical action of washing, rinsing and drying removes most transient bacteria. Teaching the proper handwashing technique is essential to preventing illnesses.

Here are additional tips to keep yourself and children healthy:

- Always use disposable towels
- Ensure that hands are dry when using ABHR
- Do not apply ABHR after handwashing with soap and water
- Clean hands often
- Cough and sneeze into a tissue or sleeve
- Keep commonly touched surfaces clean
- Get immunized
- Stay home if you're sick

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