

Bug Out!

Expect
THE UNEXPECTED
+ Canadian Red Cross

Activity Booklet

For students aged 9–11
Grades 4 to 6



Get The Facts On Germs



Canadian Red Cross



Ontario

Funded in part by the Government of Ontario

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Bug out!

Get the Facts on Germs.

*This Activity Booklet
belongs to:*

Your health is important! Knowing about germs and what you can do to prevent the spread of illness will keep you and your family healthy and safe throughout the year.

This Booklet includes many activities that you can do with your teacher and classmates – or at home with your family. The activities are fun to do and you'll learn how easy it is to stop germs from spreading.

Here are some of the things you will learn about:

- What are germs and how are they spread?
- Are germs good or bad for us?
- How can we stop getting sick?
- What's the best way to wash our hands?
- If we cough or sneeze, why do it in our sleeve?
- When do we stay home and why?

When you complete the Activity Booklet you'll receive a special participation certificate from your teacher.

Enjoy the activities and don't forget to have fun!



Acknowledgements

In Spring of 2007, the Canadian Red Cross Society partnered with Ontario's Ministry of Health and Long-Term Care to develop Canada's first-ever prevention of disease transmission educational program for school-aged children.

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What do you need to know about germs?

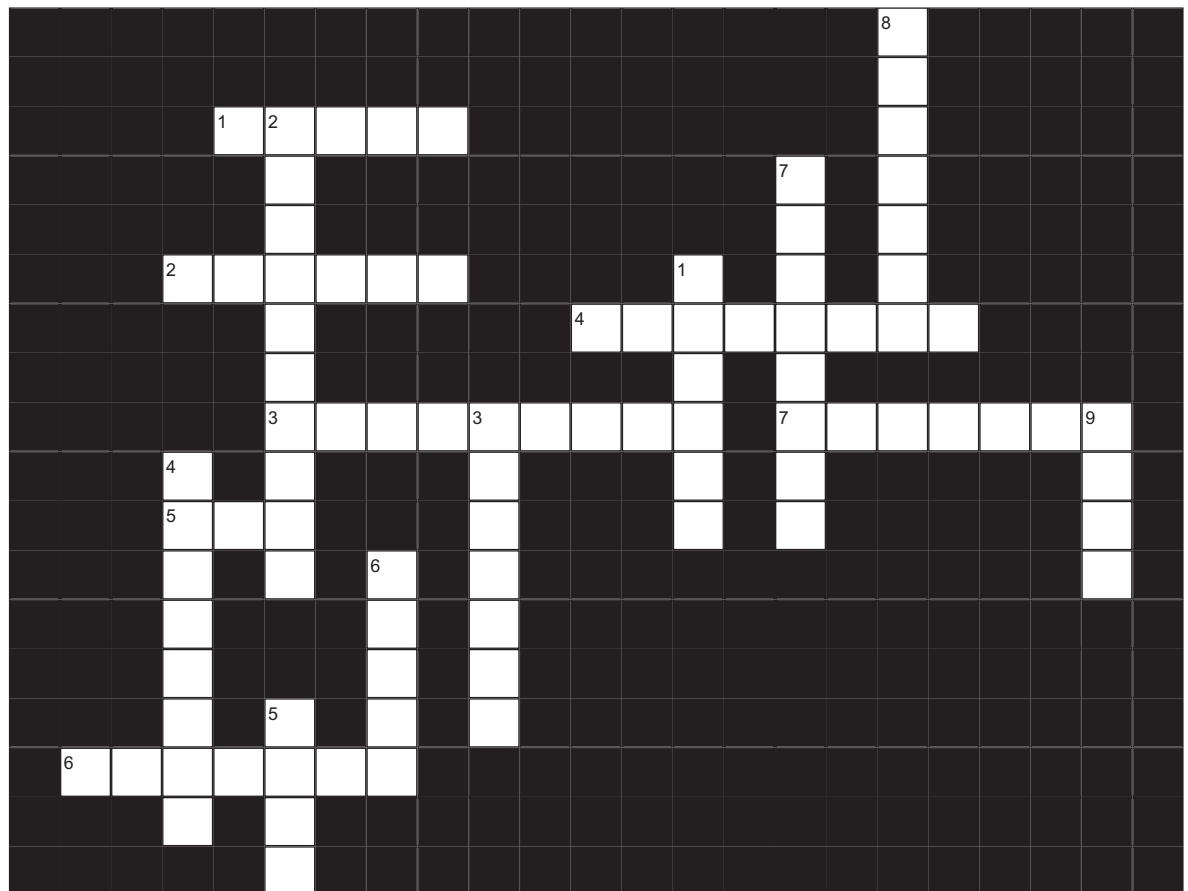
Activity 1: Class discussion about germs

In this activity, your teacher will share with the class interesting facts and details about germs. It's important to pay attention so you can complete the next activity!



Activity 2: “Cross Germ” puzzle

Answer the following questions and place your answers in the “Cross Germ” puzzle below.



Words to choose from:

illness, several, air, sanitize, hand shake, poisons, multiply, body, skin, harmful, everywhere, virus, bacteria, period, germs



Across

1. _____ are tiny microbes that can make you sick.
2. 1,000 germs could fit across the _____ at the end of this sentence.
3. You can spread germs through a _____.
4. When bacteria gets into your body, they quickly start to _____.
5. Germs can spread through the _____.
6. Like bacteria, fungi can give off _____; viruses do not.
7. When viruses and bacteria get in your body they cause an _____.

Down

1. When you sneeze, it's best to cover your mouth and nose with a tissue or your _____.
2. Germs can be found _____.
3. Some germs can survive _____ hours outside our bodies.
4. _____ is a type of germ.
5. If you cut yourself, harmful bacteria or viruses can get into your _____.
6. Which is smaller, a virus or a bacteria? _____.
7. It's important to wash your hands with warm water and soap or _____ them often.
8. Not all micro-organisms are _____.
9. Your _____ helps to block germs from getting in your body.

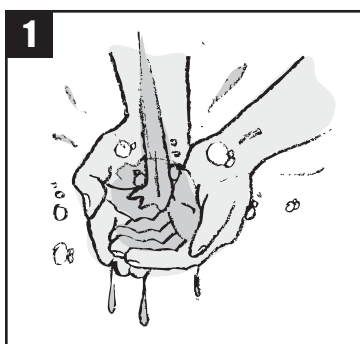


Washing your hands – the best way to keep germs away!

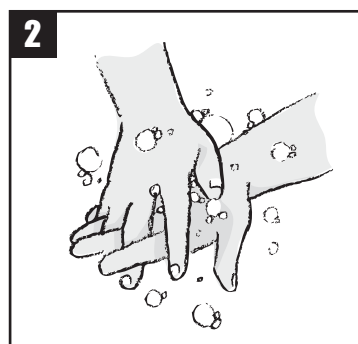
Activity 3: The proper way to wash your hands!

During this activity, your teacher will explain the proper way to wash your hands. Pay close attention – you just may be tested on it!

Steps to proper hand washing:

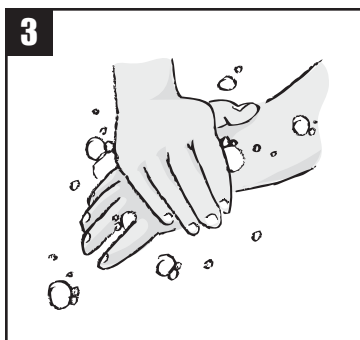
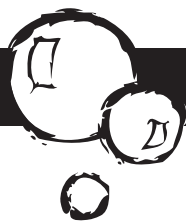


1. Wet hands with warm water, apply soap;

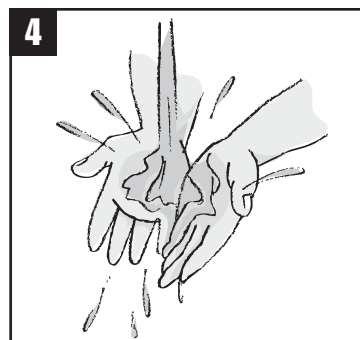


2. Rub hands together in a soapy lather, between fingers and under fingernails too, counting to 15 – away from the running water (sing “Happy Birthday”);





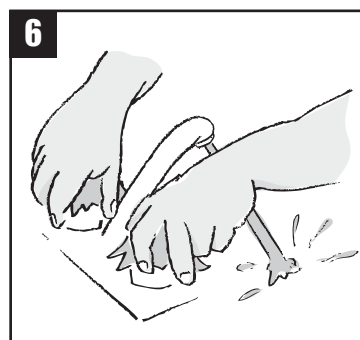
3. Rub all the surfaces of your hands: backs of your hands, insides and wrists;



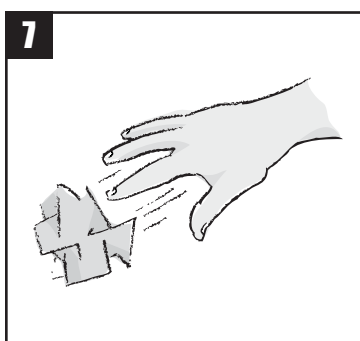
4. Rinse hands off counting to 10;



5. Pat hands dry with paper towel or use a warm air dryer;



6. If possible, turn off the taps with the paper towel;



7. Dispose of paper towel by putting it in the garbage can near the sink.

Activity 4: A fieldtrip to the washroom

How well can you wash your hands? If you paid close attention to your teacher, you'll know the key steps to proper and frequent hand washing!

Demonstrate your skills with a class trip to the washroom.



Activity 5: Hand washing chart

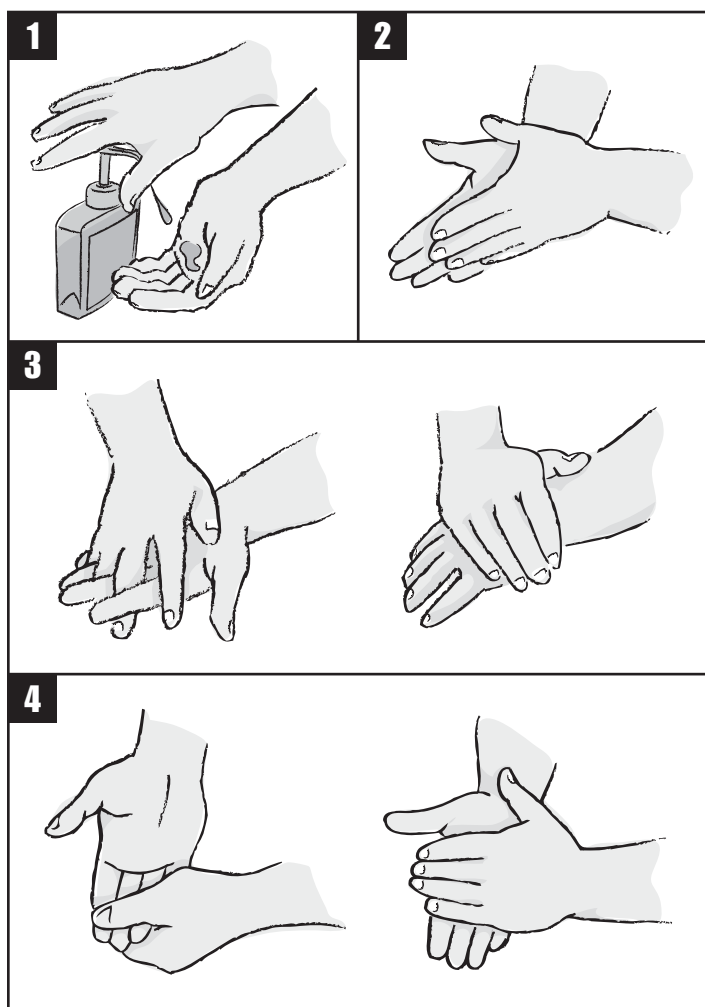
Review the following chart and discuss with your classmates how you can use the chart at home to make proper hand washing a good habit! By using the chart below, you can track how often and when you properly washed your hands. Keep your chart in your bedroom or post it outside the washroom door. Once you fill out your sheet, bring it to class next week and compare it with your classmates!

Days When to wash hands?	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Whenever they look dirty							
Before and after preparing food							
Before and after eating food							
After playing (inside or outside)							
After coughing or sneezing or blowing my nose							
After using the washroom							
After touching a pet							
After handling garbage							
Before and after being around a sick person							



Activity 6: Cleaning your hands using an alcohol-based hand rub

Review the steps to properly clean your hands with an alcohol-based hand rub. Make a list of questions you may have about proper hand hygiene and discuss them with your teacher and family.



Steps:

1. Apply $\frac{1}{2}$ a teaspoon (one–two pumps) of the hand rub to palm on one hand.
2. Rub palms together, palm to palm.
3. Rub in between and around fingers, fingertips, back of each hand and wrists.
4. Rub hands together for 15 seconds or until they are dry.



AAA...choo!

Do it in your sleeve!

Activity 7: Performing the perfect cough and sneeze

In this activity your teacher will demonstrate the proper steps to coughing and sneezing. Watch closely and think about the ways you can make cough and sneeze etiquette a good habit!





Activity 8: What do I do first? The steps to cough and sneeze etiquette

Put the steps to proper cough and sneeze etiquette in order.

Order	Steps
	Put your used tissue in the garbage.
	Turn away from the people around you. Do not cough or sneeze on people, and especially not in their face.
	Wash your hands properly with soap and water immediately. Avoid touching doorknobs or objects around you. If you don't have access to soap and water, use an alcohol-based hand rub to properly clean your hands.
	Cover your mouth and nose with a disposable tissue; or cough and sneeze into your sleeve, not in your hands.





Activity 9: Scenarios – Role playing

Observe the other teams perform their assigned scenario and provide feedback on how well the “sneezer” or the “cougher” did by using the observation sheets below.

1. Score each group by circling the appropriate number;
2. Write down what was done right;
3. Write what needs to be improved; and
4. Discuss your answers as a class.

Score

3 points:

perfect cough and
sneeze etiquette –
all the steps were
performed

2 points:

average cough and
sneeze etiquette –
one step was not
performed

1 point:

poor cough and
sneeze etiquette –
two or more steps
were not performed

Observation Sheet: Group 1

What was done right:

Needs improvement:




Score
3 points:

perfect cough and
sneeze etiquette –
all the steps were
performed

2 points:

average cough and
sneeze etiquette –
one step was not
performed

1 point:

poor cough and
sneeze etiquette –
two or more steps
were not performed

Observation Sheet: Group 2
What was done right:

Needs improvement:

Score
3 points:

perfect cough and
sneeze etiquette –
all the steps were
performed

2 points:

average cough and
sneeze etiquette –
one step was not
performed

1 point:

poor cough and
sneeze etiquette –
two or more steps
were not performed

Observation Sheet: Group 3
What was done right:

Needs improvement:



Activity 10



Score

3 points:

perfect cough and
sneeze etiquette –
all the steps were
performed

2 points:

average cough and
sneeze etiquette –
one step was not
performed

1 point:

poor cough and
sneeze etiquette –
two or more steps
were not performed

Observation Sheet: Group 4

What was done right:

Needs improvement:

Activity 10: Wrapping it up! The Great Relay Race

Test your knowledge and your skills in the Great Relay Race! Your teacher will provide instructions. May the best team win!



Red Cross Fundamental Principles

In 1965, the seven Fundamental Principles were adopted by the 20th International Conference. They were developed to link together the International Committee, Federation and National Societies.

Our network is vast, but our approach is simple. All Red Cross programs and activities are guided by the Fundamental Principles of Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality. These principles allow us to provide help immediately to whomever needs it, wherever they are, whatever their race, political beliefs, religion, social status, or culture.

Humanity

The International Red Cross and Red Crescent Movement, born of a desire to bring assistance without discrimination to the wounded on the battlefield, endeavours, in its international and national capacity, to prevent and alleviate human suffering wherever it may be found. Its purpose is to protect life and health and to ensure respect for the human being. It promotes mutual understanding, friendship, co-operation and lasting peace amongst all peoples.

Impartiality

It makes no discrimination as to nationality, race, religious beliefs, class or political opinions. It endeavours to relieve the suffering of individuals, being guided solely by their needs, and to give priority to the most urgent cases of distress.

Neutrality

In order to continue to enjoy the confidence of all, the Movement may not take sides in hostilities or engage at any time in controversies of a political, racial, religious or ideological nature.

Independence

The Movement is independent. The National Societies, while auxiliaries in the humanitarian services of their governments and subject to the laws of their respective countries, must always maintain their autonomy so that they may be able at all times to act in accordance with the principles of the Movement.

Voluntary Service

It is a voluntary relief movement not prompted in any manner by desire for gain.

Unity

There can only be one Red Cross or one Red Crescent Society in any one country. It must be open to all. It must carry on its humanitarian work throughout its territory.

Universality

The International Red Cross and Red Crescent Movement, in which all Societies have equal status and share equal responsibilities and duties in helping each other, is world-wide.



Canadian Red Cross