

Lesson Plan for Infection Control Measures

I. Introduction

Goal:

To understand good hygiene practices, in particular hand washing and covering mouth when coughing or sneezing, which is one of the most important measures in preventing the transmission of infection.

Rationale:

The purpose of the infection control lesson is to assist Alabama schools in developing practices that prevent or minimize the spread of infection, illness, and disease to staff, students, and others. The following points are particularly pertinent:

- (a) Schools are common sites for transmission of illness and disease. At any time infected individuals at schools may be in close contact with others. The actions of infected individuals may promote the transmission of illnesses and diseases, such as respiratory viruses and bacteria.
- (b) Many individuals carry disease with few or no outward signs and may not even know if they are infectious. Therefore, in order to prevent transmission of infection, schools need infection control practices that assume everyone is potentially infectious.
- (c) The spread of infectious illness and disease can be prevented or minimized if standard precautions are applied to all situations where transmission of infection is possible.

II. Objectives

Teacher Objectives:

I want my students to know:

- General information about germs
- Proper technique to wash hands
- Proper technique to cover coughs and sneezes
- Knowledge of when to wash hands
- Knowledge of keeping school work areas clean
- Keeping distance from others when sick

Student Objectives:

Students will be able to:

- Know general information about germs
- Demonstrate how to properly wash their hands
- Demonstrate how to properly cover their mouth when coughing or sneezing
- Know when to wash their hands.
- Know how to keep school work areas clean
- Know when and how to keep distance from those who are sick
- Value the prevention of illnesses and diseases by signing a pledge

Alabama Course of Study (ACOS) Requirements Grades K - 5:

1. Identify practices that promote health and prevent the spread of infections, illnesses, and diseases.

Examples: participating in a health-enhancing physical activity; covering mouth when coughing and sneezing; washing hands; not sharing clothing, combs, brushes to prevent lice infestation; receiving proper immunizations.

2. Identify ways in which germs enter the body.

3. Identify causes of illness and chronic disease.

Examples: germs, behavior, heredity

4. Describe causes of common infectious and/or noninfectious diseases and personal health practices that minimize disease and illness.

Examples: washing hands, covering mouth when coughing or sneezing, and not drinking after others to prevent getting a cold; being immunized to prevent measles

5. Identify benefits of early treatment of common chronic and acute diseases and infections.

6. Describe the body's natural defenses against diseases and preventive measures that help combat disease.

Examples: natural defenses—formation of scabs on wounds;
preventive measures—washing hands, taking vitamins

7. Recognize that some communicable diseases are preventable.

Examples: colds, influenza, measles, tetanus, hepatitis

III. Pre-Class Preparation

Materials:

- Handouts
- Crayons
- Hand Soap
- Sanitizer Gel
- Tissues
- Paper Towels
- Scissors
- Spray bottle
- Water

Set up:

- Write On-Task Activity on the chalkboard
- Call roll (Attendance)
- Check that computers are operating properly

IV. Instructional Procedures

A. On-Task Activity (10 minutes)

- Ask the students if they know what germs are. Have the students draw what they think a germ looks like.

B. Discussion (10 minutes)

- Allow the students to share their drawings with their classmates
- Review general information about germs
- Discuss various ways in which germs can be spread
- Discuss and demonstrate how to cough or sneeze into your shirt if you do not have a tissue
- Discuss and demonstrate with students how to properly wash hands
- Discuss with students when to wash hands
- Review the FLU and YOU handout: 4 Ways to Protect Yourself and Your Family
 1. Cover Your Cough & Sneeze
 2. Wash Your Hands
 3. Keep Living & Work Areas Clean
 4. Keep Your Distance

C. Suggested Activity:

- Spray bottle with water to demonstrate the spread of germs.

Suggested Activity/Teaching Idea:

Use a spray bottle filled with clean water. Spray water on student's hands. Explain that the water on their hands represents germs that come out of their mouths when they cough and sneeze. Now have the students touch an object (i.e. table or chair, etc.). Ask them what happened to the object they touched (it became wet/damp). Explain that this is what happens when we sneeze or cough into our hands and then touch an object (the germs on our hands get on the object). Discuss what might happen if one of their friends touches the object while it is wet (they might pick up the germs and get sick). Explain that if you wash your hands after sneezing or coughing in them, the germs will be washed away and there will be less of a chance for people to get sick. Stress the importance for students to cover their cough or sneeze. Show students how to cough or sneeze into their arm or shirt when a tissue is not available.

D. Review:

- Ask questions on general information about germs, how and when to wash hands, etc. Allow students to respond.

V. Evaluation

A. Assessment

- Did students grasp the lesson?
- Did students complete the On-Task Activity?
- Did students participate in the activities?

B. Remediation

- Depends on the needs of the students
- Plan B- provide more one-on-one assistance from teacher or other students and give a longer amount of time to complete activities

VI. Self-Evaluation

- Was I well prepared?
- Did I maintain students' interest?
- Did I establish routines?
- Is there some way I can improve the lesson?

Additional Information:

- Teach by example by washing your hands frequently and encouraging students to do the same.
- Hand washing message and other messages need to be reinforced several times throughout the day, especially before lunch and after using the bathroom.
 - The activity asks each student to write his/her name on the pledge sheet, pledging to be a “germ stopper” and help stop the spread of germs. You may want to post one or all of the activity sheets in the classroom to serve as a reminder of the pledge.

References

Glo-Germ website. (n.d.) Retrieved December 15, 2005, from
<http://www.glogerm.com/worksheet.html>

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