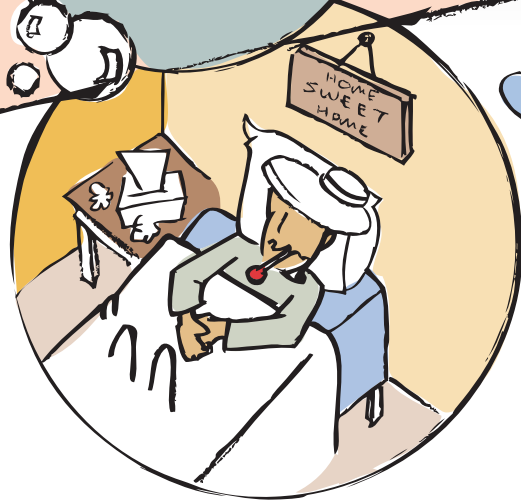


Bug Out!

Expect
THE UNEXPECTED
Canadian Red Cross

Activity Booklet

For students aged 6-8
Kindergarten to Grade 3



Get The Facts On Germs



Canadian Red Cross



Funded in part by the Government of Ontario

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Ce programme est également publié en français.



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.

The Society would like to thank the Emergency Management Unit of Ontario's Ministry of Health and Long-Term Care for its commitment and collaboration in developing the concepts and content of the activities.

The Canadian Red Cross Society also wishes to express its gratitude to the infection, prevention and control experts of the Strategic Planning and Implementation Branch, Ministry of Health and Long-Term Care, who participated in the program development phases and graciously reviewed the scientific content.

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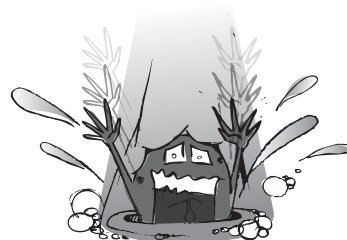


Finally, many thanks to Don Shropshire, National Director of Disaster Management, and Isabelle Champagne-Shields, the Project Manager on this initiative – both of the Canadian Red Cross Society; as well as Allison J. Stuart, Acting Assistant Deputy Minister and Jennifer Veenboer, Senior Policy and Program Consultant with Ontario's Ministry of Health and Long-Term Care. We would also like to acknowledge the Public Health Agency of Canada for their generous support in providing translation services for this program. Their commitment to emergency preparedness and public education is outstanding.



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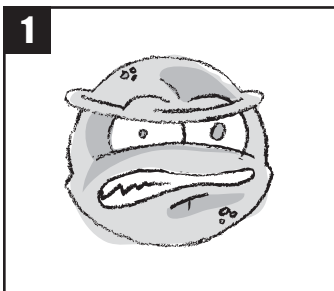


What do I know about germs?

Activity 1: Comic strip

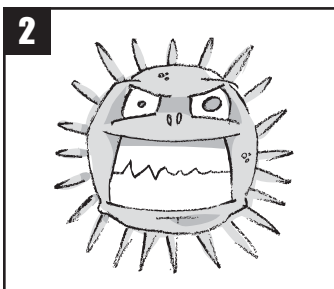
The teacher will read the comic strip with you. Pay close attention because you will answer some questions following the exercise.

Important: Some bacteria are good for you and others are also important to make foods like cheese and yogurt, and medication (antibiotics) like penicillin.



Frame #1: Streptococcus – (strep-tuh-kok-uhs)

Hi! My name is a Streptococcus. I am a little round bacterium that can cause all kinds of sickness. I can give you a sore throat and sometimes hurt your lungs and give you pneumonia (*noo-moh-nee-uh*). You can catch me by touching doorknobs, computers or toys, and then putting your fingers near your eyes and nose or in your mouth. You can also catch me by sharing food or drinks with a friend who may be already sick with me. Be careful! Washing your hands properly and often is the best way to avoid me.



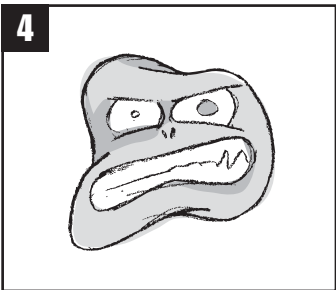
Frame #2: Rhinovirus – (rhi-no-vi-rus)

Hi! My name is Rhinovirus. I am the virus that causes the common cold. I am lucky because most everyone catches me every year! I am shaped like a ball with spikes sticking out on all my sides. I hide everywhere – in your house and classroom, on your toys and books. I also travel through the air in tiny droplets. So beware! Properly wash your hands and cough or sneeze into your sleeve. These are the best ways to stay away from me.



Frame #3: Salmonella – (sal-muh-nel-uh)

Hi! My name is Salmonella. I am a bacterium shaped like a peanut with many long legs. Once inside your tummy, I can give you food poisoning! I can live on food such as raw eggs, raw or undercooked chicken, non pasteurized milk and some cheeses, and unwashed fruits and vegetables. It is important to wash your food and cook it very well. If you don't, I will make you very sick with an upset tummy!



Frame #4: Influenza – (in-flooh-en-zuh)

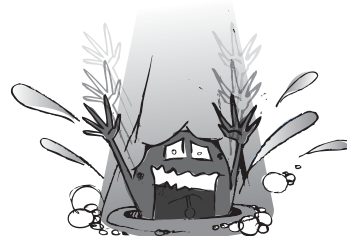
I am known as the flu and I can give you a really hard time by making you feel feverish and achy all over. I can also give you a runny nose and make you cough and sometimes sneeze. When I'm really bad, I can make it very difficult for you to breath. My shape is always changing so your body cannot recognize me and fight me. I can be spread from person to person if you cough or sneeze without covering your mouth and nose with a tissue. Make sure you wash your hands properly and often and talk to your family about getting the flu shot every year!

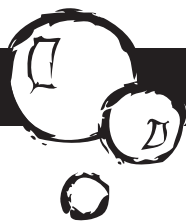
Question and answer time.

As a class, let's talk about the questions below.

1. What are germs?

2. How can we see germs?





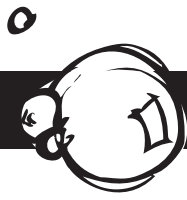
3. Where are germs found?

4. What kind of shapes do bacteria have?

5. What kind of shapes do viruses have?

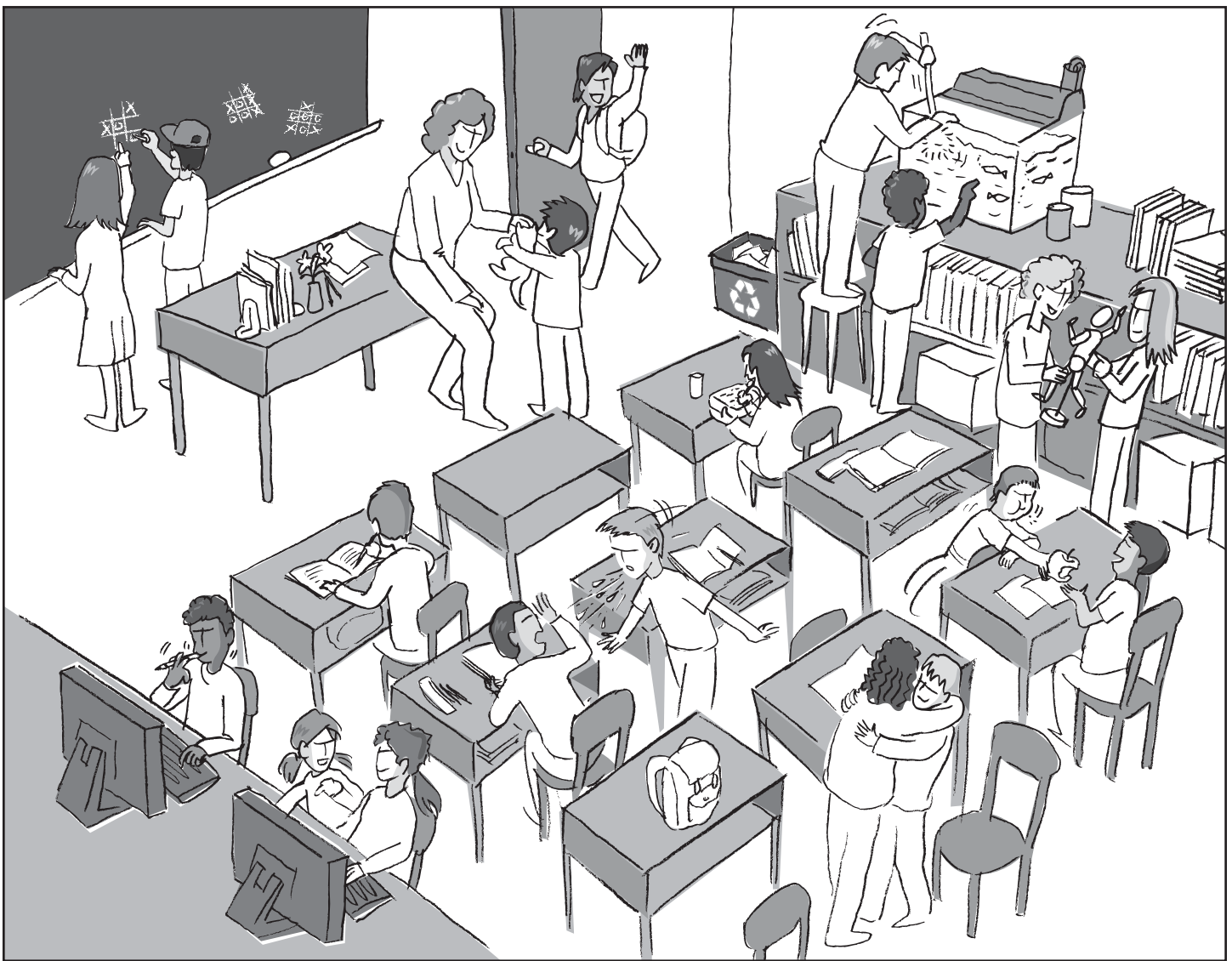
6. Draw a bacterium or virus and give it a name.

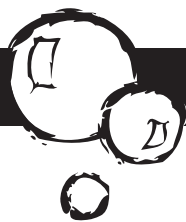
7. How can you prevent yourself and others from getting sick?



Activity 2: Picture review

Look at the picture below. Circle as many places you see where viruses and bacteria can hide.





Activity 3: Prevent illness

From the list at the front of the classroom, choose one way a person can prevent the spread of germs and draw it in the space below.

A large empty rectangular box with a black border, intended for drawing a method to prevent the spread of germs.

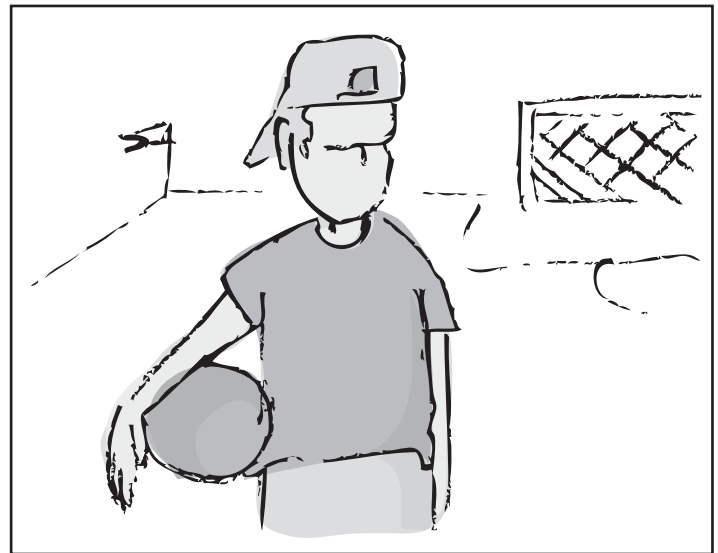


Washing your hands – the best way to keep germs away!

Activity 4: When is the best time to wash your hands?

There are six (6) magic moments when you should wash your hands. Do you know what they are?

From the pictures below, list the six magic hand washing moments.



1. _____

2. _____

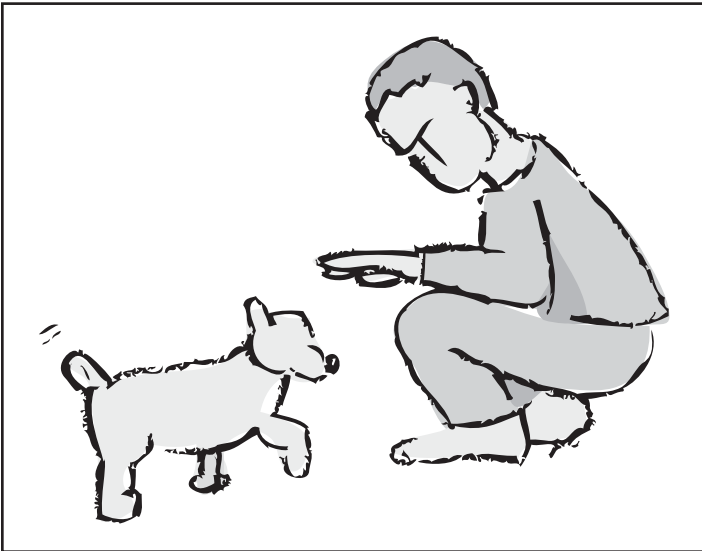




3. _____



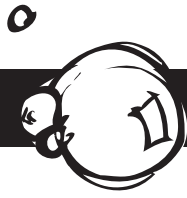
4. _____



5. _____



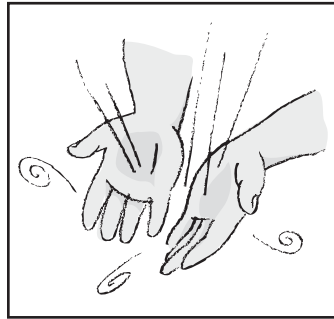
6. _____



Activity 5: Puzzle

There are seven (7) key steps to properly washing your hands. Do you know what they are? The steps are listed below. Together as a class, put the steps in proper order.

Step



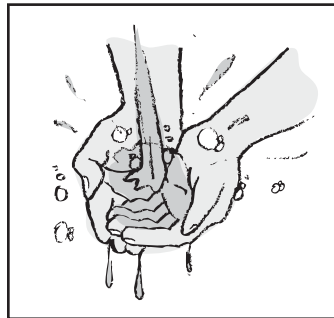
Pat hands dry with paper towel or use a warm air dryer

Step



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

Step

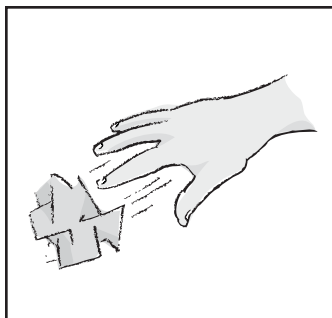


Wet hands with warm water, apply soap





Step



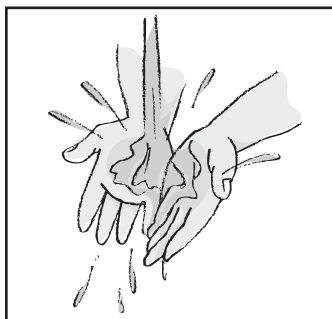
Dispose of paper towel by putting it in the garbage near the sink

Step



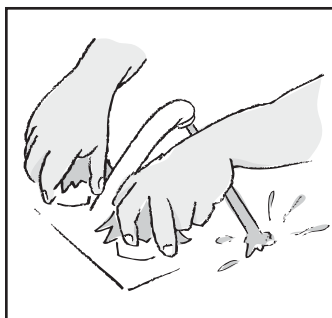
Rub hands together, between fingers and under fingernails too, counting to 15, away from the running water. You can sing Happy Birthday or your ABC's to help.

Step

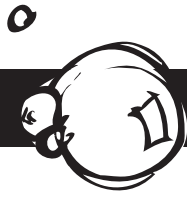


Rinse hands off, counting to 10

Step



Turn off the taps with the paper towel (If available)



Activity 6: Field trip to the washroom

This is an activity you will do together as a class. Listen closely and follow your teacher's instructions. Once you learn to wash your hands properly, show your family how to do it, too!

Activity 7: Draw the steps to proper hand washing!

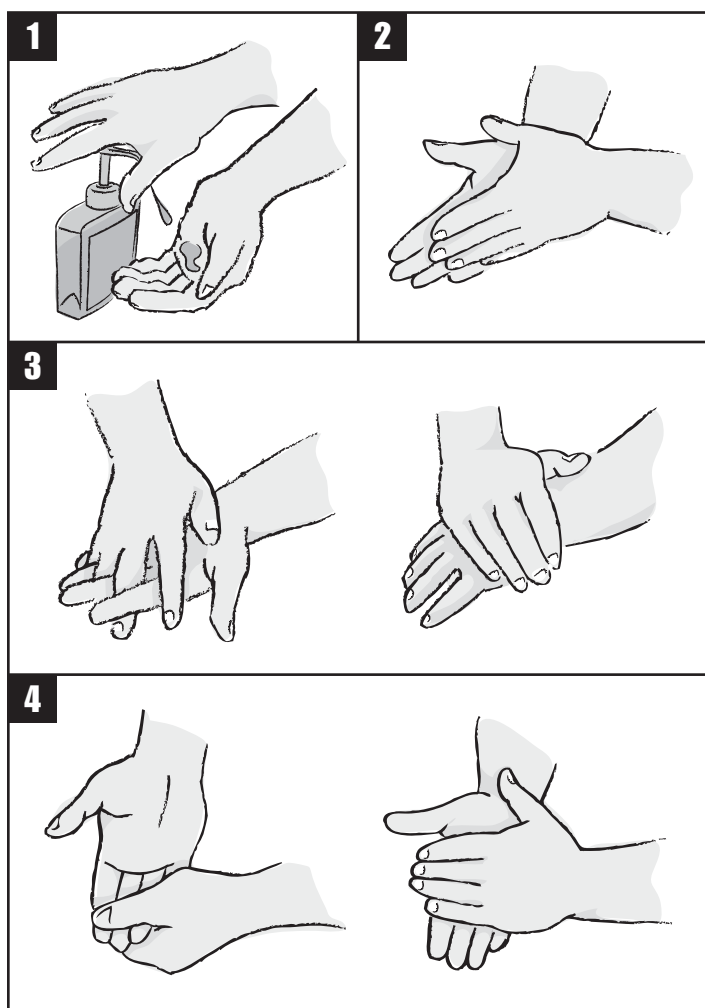
As a group, draw the steps to proper hand washing assigned by your teacher. When your group is finished, the drawing will be posted on the classroom wall or chalkboard.



Activity 8: How to clean your hands with an alcohol-based hand rub

Review the steps on cleaning your hands with an alcohol-based hand rub and then try to clean your hands following the steps listed below.

Steps to properly cleaning your hands with a hand rub:



1. Apply $\frac{1}{2}$ a teaspoon (or one pump for little hands) of the hand rub to your 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 (did you know that 15 seconds is the same amount of time it takes to sing “Twinkle, Twinkle Little Star”).

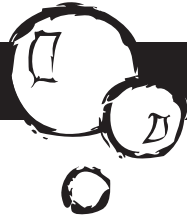


Be careful...AAA...choo!

Activity 9: Demonstrating the perfect cough and sneeze!

Cough and sneeze etiquette is an important way to keep yourself and your friends healthy. Watch carefully as your teacher shows you the proper way and the steps to follow.





Activity 10: Scenario – Proper cough and sneeze etiquette

As a class you will watch three scenarios performed. For each scenario, your job is to mark down what was done right and what needs improvement.

Scenario #1

You are standing in a crowded bus. You are feeling very tired and ill. You start coughing and cover your mouth with your fist. You then use that hand to hold on to the hand strap.

What was done right:

Needs improvement:



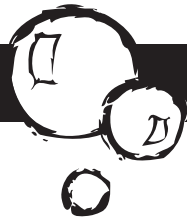
Scenario #2

You are sitting in a sandbox with your classmates. Suddenly, you start sneezing! Those sneezes came as a surprise and you did not have time to cover your mouth with a tissue or your sleeve. You even sneezed on your classmate sitting in front of you.

What was done right:

Needs improvement:





Scenario #3

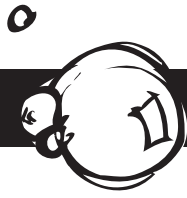
You have a cold and are not feeling well. You decided to go to school even though you are coughing and sneezing a lot.

Each time you cough or sneeze you do it in a tissue or in your sleeve. When you use a tissue, you get up and throw it in the garbage after each use.

You also take care to clean your hands with an alcohol-based hand rub after each time you cough and sneeze.

What was done right:

Needs improvement:



Will I ever know?

Activity 11: Playing catch! Will I ever know how germs are spread?

Pay close attention to your teacher. They will demonstrate how fast germs can spread. You will have an opportunity to ask questions after the exercise.



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