

Germs

Elementary

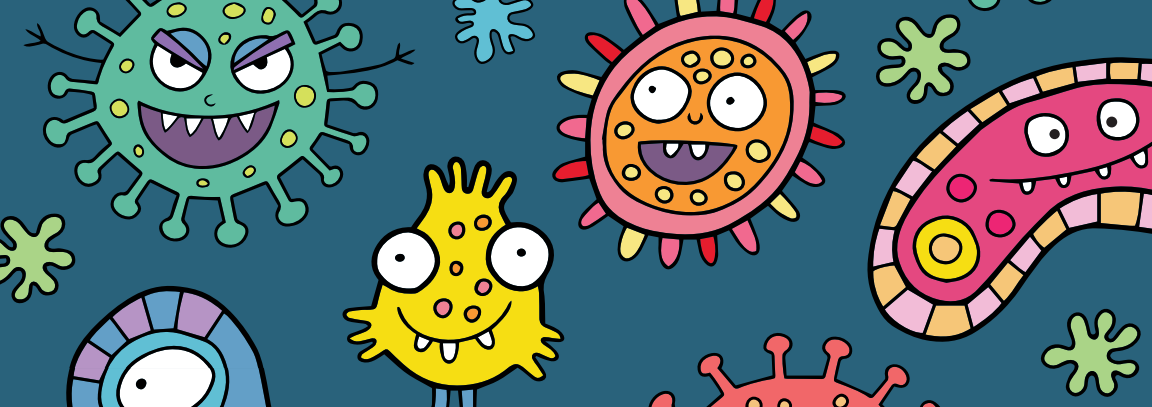
Q: Name 2 symptoms of influenza (flu)?

Answer: Influenza (flu) is a respiratory illness that includes fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Nausea, vomiting and diarrhea may also be seen in children but are less likely in adults



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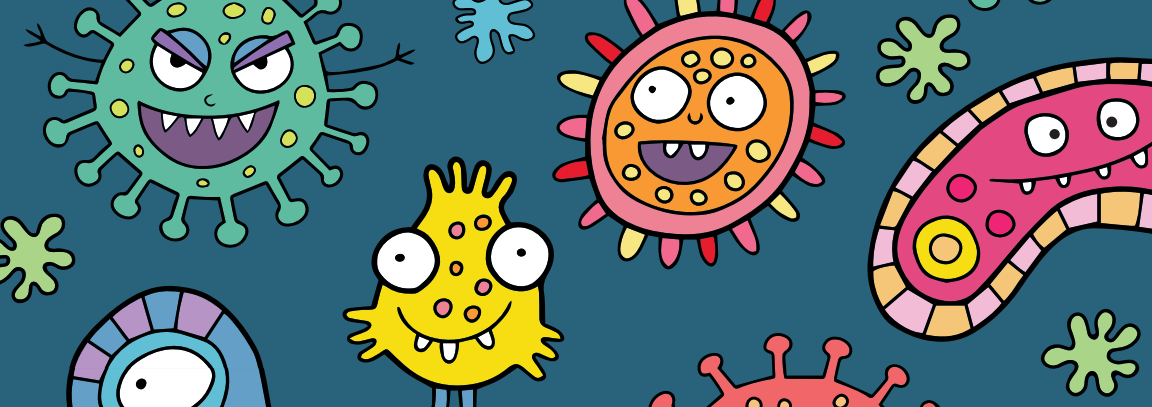
Q: How is influenza spread?

Answer: Influenza is mainly spread from person to person through coughing and sneezing. An infected person coughing and sneezing releases moist droplets into the air carrying the influenza virus. The droplets travel through the air reaching the mouth and nose of people nearby. A person can also pick up the virus by touching contaminated surfaces, nasal discharge or saliva from an infected person and then touching one's own nose/mouth or someone else's nose/mouth before performing hand hygiene (hand wash or hand sanitize).



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Q: Think about the environment around you, name 3 spots where germs may be hiding.

Answers may include frequently touched surfaces such as:

- keyboards
- desks
- doorknobs
- light switches
- pens/pencils
- playground
- toys
- toilets/taps

Regular cleaning and disinfecting will help to remove germs!

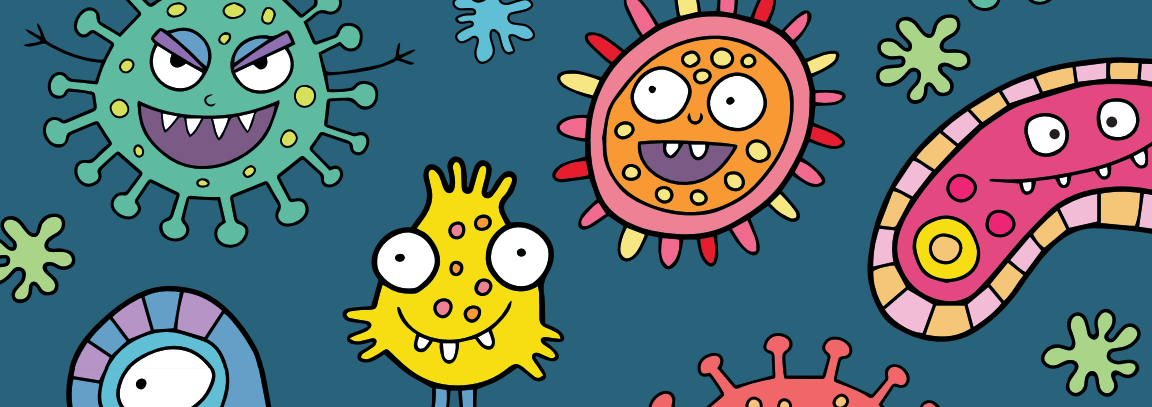


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Q: True or False? Animals that carry disease-causing germs can 'shed' the germs into their environment even when they don't appear ill.

Answer: True.

Visiting animals at petting zoos, fairs or farms can be a fun and educational experience. However, it is important to remember that germs can be spread from animals to people if simple precautions are not followed. Animals often carry germs in their guts and they can pass these germs to people through their feces.

Improper or inadequate hand hygiene has been one of the main causes of outbreaks linked with animals in public settings. Proper hand hygiene is the best way to reduce the spread of disease.

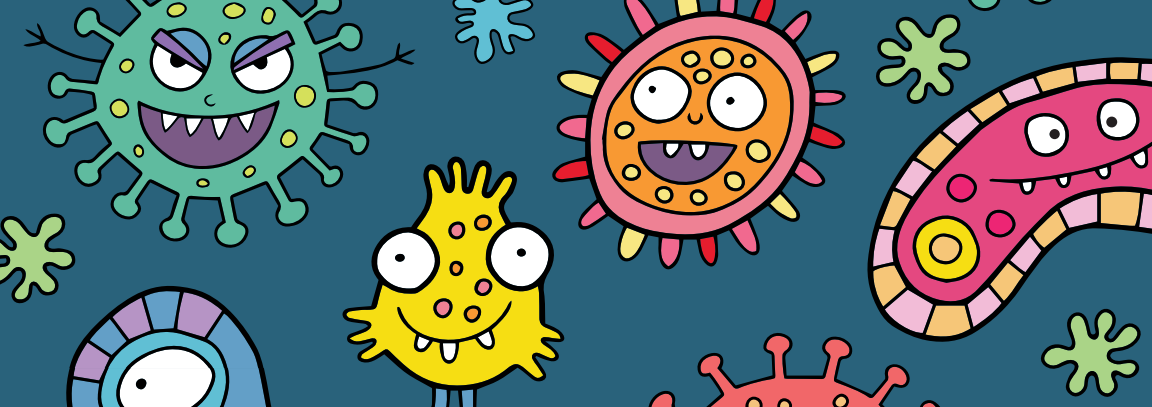


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Q: True or False? Animals can carry germs in their noses and mouths/beaks and they can pass these germs when they nuzzle or lick people's hands or faces.

Answer: True.

Some of the most common germs that can be spread from animals to people include E.coli, Salmonella, Campylobacter, ringworm and influenza. Hand hygiene is a key to prevention!

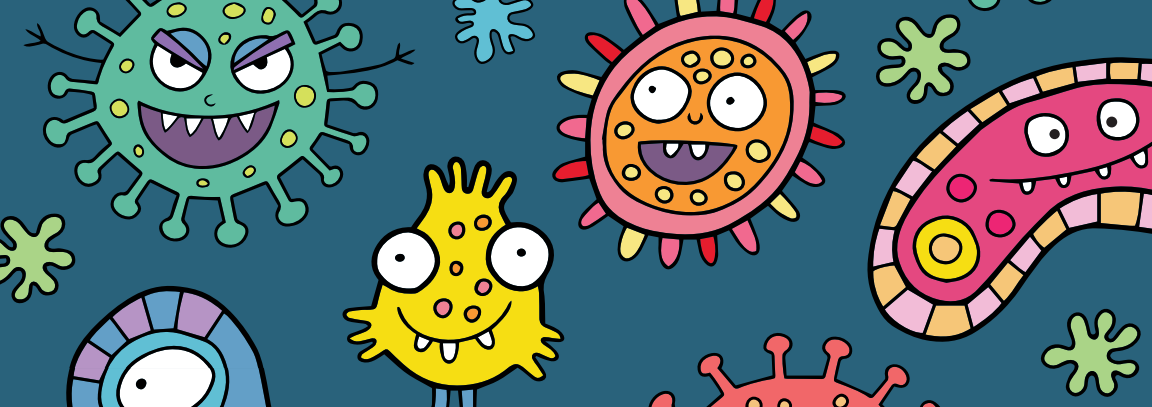


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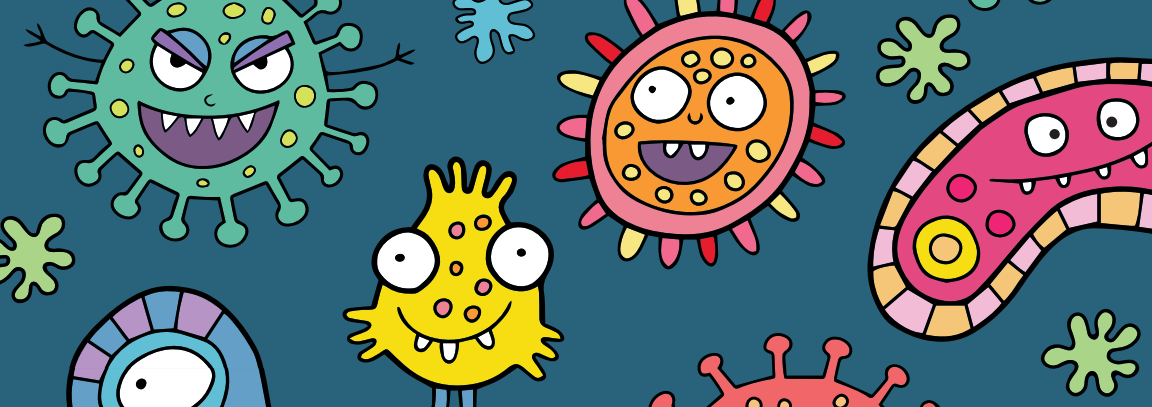
Q: Name one way that germs can enter your body?

Answers may include: Germs can enter your body through your eyes, nose, mouth or open sores, especially if hands are not clean. When we touch contaminated surfaces, we can pick up the germs on our hands. A sick person can also pass their germs to others through coughing and sneezing.



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Q: True or False? Bacteria, parasites or viruses (germs) cause food poisoning.

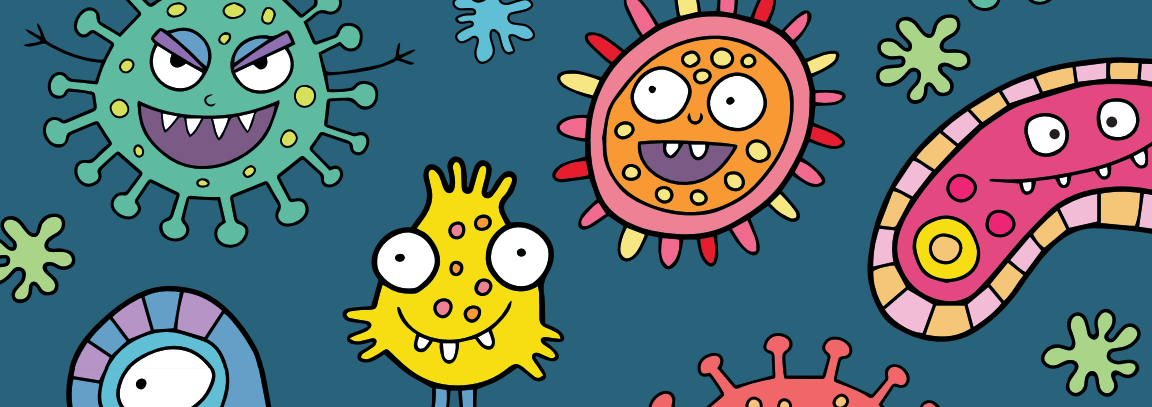
Answer: True.

It can also be called foodborne illness. You get sick by eating contaminated food or drinking contaminated water. You can also get sick by touching a person, animal or surface that has those germs. Each germ causes symptoms to begin at different times. Symptoms can start from one hour to several days or weeks after infection.



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Q: True or False? Rabies is an infectious and contagious disease caused by a virus that attacks the brain.

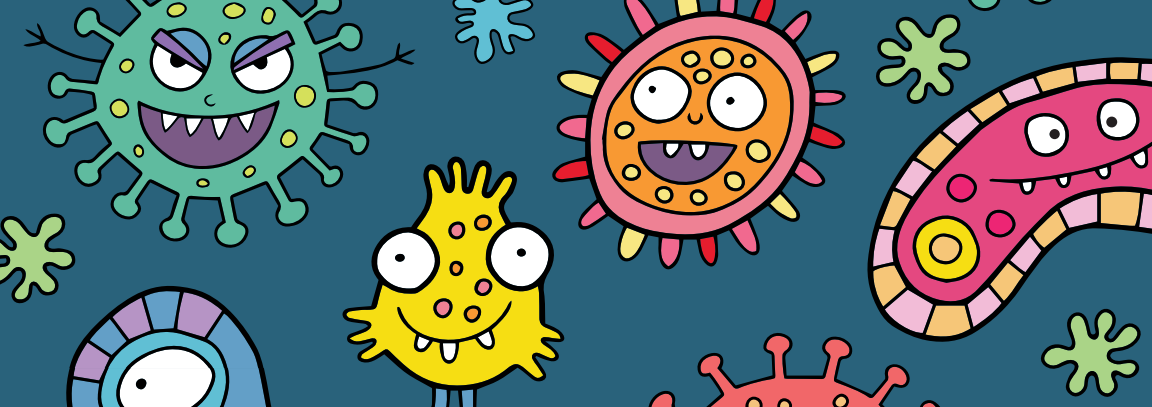
Answer: True.

Rabies can be spread in the saliva from a bite or scratch from an infected mammal (i.e. dogs, cats, foxes, skunks, racoons and bats). Close contact with any warm blooded animal (domestic or wild); i.e. bites, scratches, licks on broken skin should be reported immediately to the Health Department.



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Q: True or False? West Nile virus is spread to people through the bite of an infected mosquito.

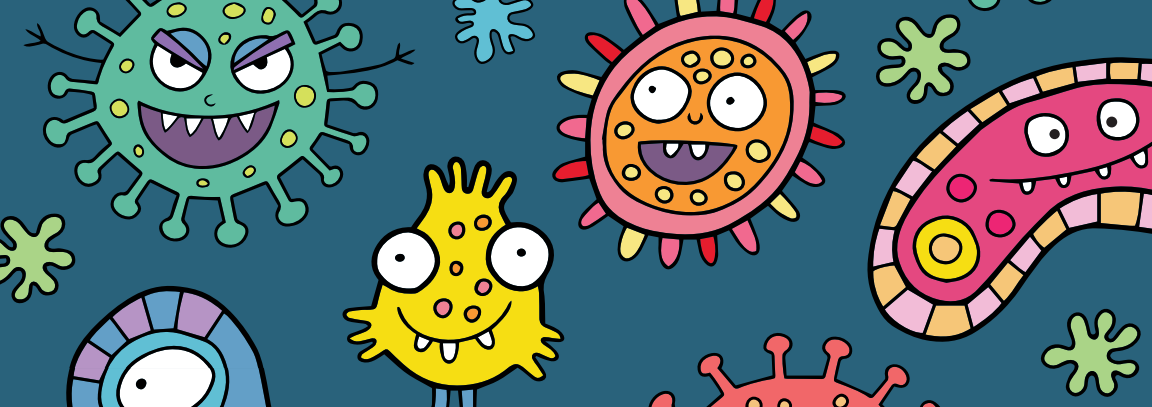
Answer: True.

If infected, most people experience only mild symptoms like headache, fever, rash and swollen glands lasting a week or less. However, a small percentage of people can develop serious neurological symptoms. It is so important to remember to use protection against mosquitos.



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Q: True or False? Some types of ticks can carry and spread Lyme disease.

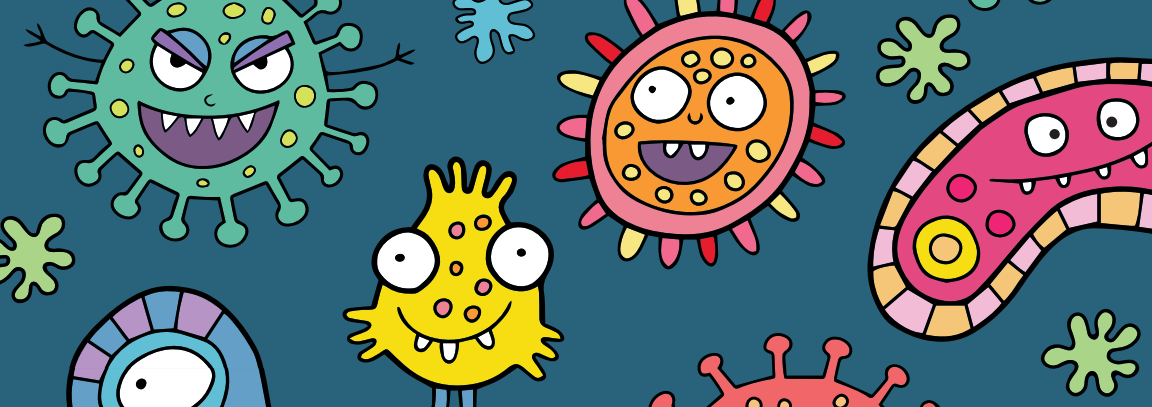
Answer: True.

Ticks usually feed on small rodents, birds, and deer, but they will also attach themselves to people who spend time outside in forested areas. Currently, in Ontario, only black-legged ticks (“deer ticks”) carry Lyme disease. Not all black-legged ticks are infected. *There are blacklegged ticks in Durham Region, and some have been found to carry the bacterium that causes Lyme disease. Anyone bitten by a tick, or showing signs of Lyme disease after spending time in a forested area, should visit their health care provider to see if they should be tested for Lyme disease.



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Q: True or False? Lyme disease can spread from person to person.

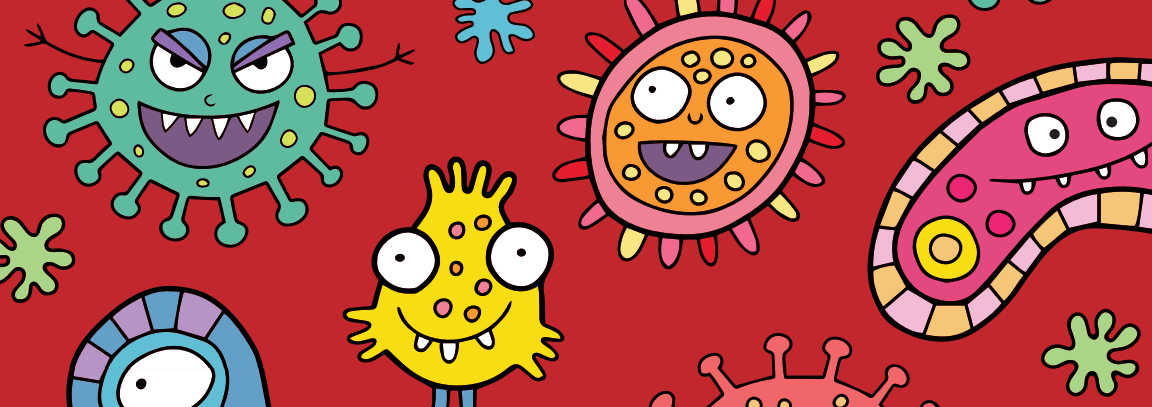
Answer: False.

Lyme disease is a bacterial illness that affects people and animals. It spreads by the bite of an infected tick. Currently, in Ontario, only the black-legged tick can spread Lyme disease. Not all black-legged ticks are infected. Ticks need blood to survive and they can become infected when they feed on infected wild animals such as birds, rodents or deer. Only then can they spread the infection to humans or pets.



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Infection Prevention Tips

Elementary

Q: Name two ways to prevent the spread of germs and illness.

Answers may include:

- keeping hands clean
- covering your cough/sneeze
- disposing used tissues
- cleaning & disinfecting commonly touched surfaces
- keeping up to date with immunizations
- don't share personal objects
- being food safe
- practicing a healthy lifestyle (e.g. eating healthy, staying active, getting enough sleep)



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Infection Prevention Tips

Elementary

Q: Coughing or sneezing into your sleeve and then washing your hands is an important practice to help prevent the spread of germs. Can you guess how far germs can travel with an unguarded cough/sneeze?

Answer: Two metres!

Immediately dispose used tissues into waste. Clean your hands immediately after handling used tissues.



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Infection Prevention Tips

Elementary

Q: An important practice to remember is coughing and sneezing etiquette. When you cough or sneeze, use a tissue and remember to wash your hands after throwing out the tissue. If you don't have a tissue, you should cough or sneeze into your sleeve/elbow to prevent your germs from spreading to other people or onto surfaces. Can you demonstrate a guarded cough/sneeze?

Answer: have student pretend to cough/sneeze into sleeve and then perform hand hygiene.



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Infection Prevention Tips

Elementary

Q: Name two ways to help protect yourself against mosquito bites.

Answers may include:

- limiting time outdoors when mosquitoes are most active from May-September, especially at dusk and dawn
- wear protective clothing such as long pants, long sleeves, shoes and socks at times and in areas where mosquito activity is high. Light coloured clothing is better than dark as mosquitoes are attracted to dark, intense colours.
- Use an insect repellent containing DEET on exposed skin, when and where mosquitoes are active. * For more information about insect repellents containing DEET, visit the Public Health Agency of Canada website.
- Ensure that windows and doors are screened and that the screens are in good repair to prevent mosquitoes from getting inside your workplace/home.
- Remove any areas of standing water around your home and work environments. Empty water from bird baths, wading pools, outdoor toys, planters and pots, wheel barrows and other equipment, etc. every few days and especially after a heavy rainfall.



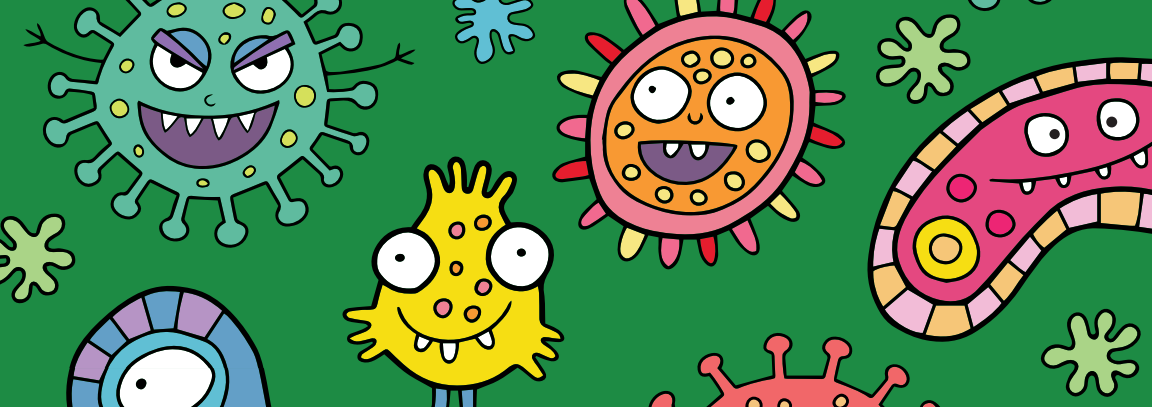
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Hand Hygiene

Elementary

Q: Proper handwashing is one of the most important things you can do to stay healthy and avoid spreading germs to others! Can you identify 2 important times when you might wash your hands?

Answers may include:

- before we eat
- before, during and after food handling or preparation
- after going to the washroom
- after playing outside
- after petting animals
- after grocery shopping
- after sneezing, coughing or blowing your nose
- Whenever hands are visibly dirty or feel dirty

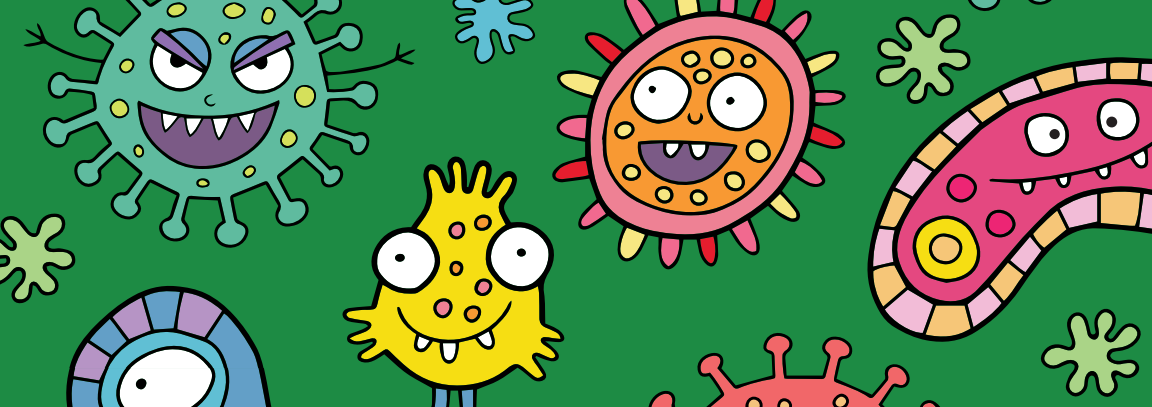


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Hand Hygiene

Elementary

Q: Did you know that washing your hands is the simplest and most important thing you can do to stay healthy! Can you name the proper steps when washing our hands? Hint there are 6!

Answer:

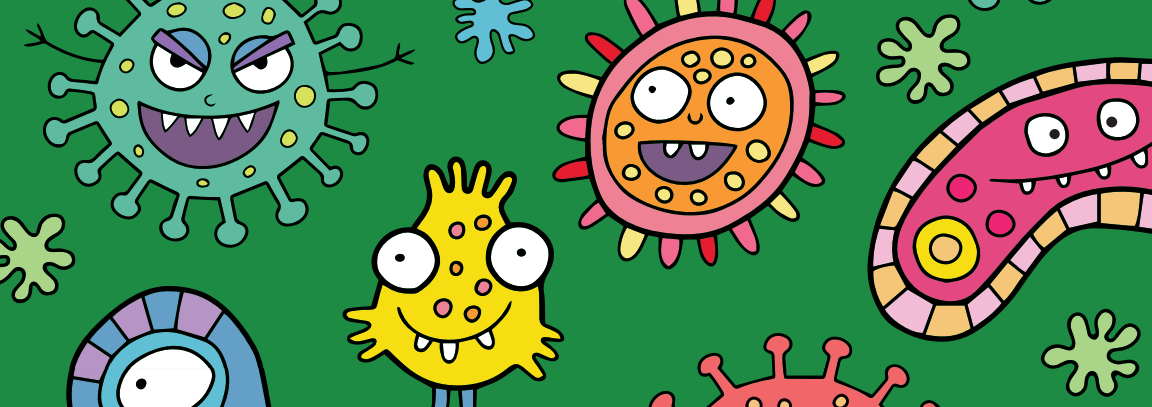
1. wet hands (with warm running water)
2. apply liquid soap
3. scrub backs of hands, between fingers, thumbs and around fingernails for at least 20 seconds
4. rinse hands under water using a rubbing action to remove everything
5. dry hands with a clean towel, paper towel or an air dryer
6. turn off taps with towel

GermS are too small to be seen with the naked eye and we can pass on germs to other people when we don't wash our hands. Washing your hands with liquid soap and warm water will help loosen dirt, oils and germs off your skin.



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Hand Hygiene

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Q: We all wash our hands, however are we washing properly and often enough? Even adults sometimes forget this important information! Can you guess how long we should be washing our hands for?

Answer: Scrubbing for at least 20 seconds using the proper handwashing technique is so important. There are 6 steps involved when we wash our hands with soap and water. Scrubbing the back of hands, between fingers, thumbs and around our fingernails is an important step in the handwashing process. Think of a familiar song like “If you’re happy and you know it” or “the alphabet song” the next time you are washing your hands to make sure you are scrubbing long enough!



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