

## Welcome to the Timiskaming Health Unit's Infection Control Resource Kit!

The single most important thing that can be done to prevent infections in a child care setting is to keep hands clean – those of staff and children. Children model what they see, so remember to wash your own hands when appropriate. It's important to instill good handwashing practices at a very young age so that it becomes second nature. To facilitate teaching the importance of good handwashing techniques, the Timiskaming Health Unit has included some of their own activities as well as activities from multiple organizations in one kit.

This resource kit contains 20+ activity ideas that can be done with children and/or staff. They range from simple demonstrations, story books, experiments, physical activities and more. The table of contents will help you decide which activities are appropriate for you. Each activity has an individualized sheet that provides a quick description of the activity, the required materials needed for the activity, preparations that needs to be done, instructions on how to preform the activity, variations to the activity, key messages to utilize during the activity and major learning concepts. You will also notice that some of the materials listed are provided in the kit.

We hope you will enjoy the kit and find it useful. We would love to hear from you! Please take the time to complete our satisfaction survey provided in the appendix near the end of your binder.

Together we can make a difference! Let's make hand hygiene fun and part of our everyday routine!

### **Acknowledgments**

This resource was created by the Porcupine Health Unit and is to be used in conjunction with resources that are available at production time.

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#### **Authors:**

Renelle Lafleur, RN, BScN, Public Health Nurse

Sandra Lapajne, BAsC, CPHI(C), Public Health Inspector

<b>Find the perfect activity to promote good infection control practices!</b>	<b>For all ages</b>	<b>Contest</b>	<b>Older Kids</b>	<b>For staff</b>	<b>Done over a period of time</b>	<b>Done in 1 day</b>	<b>Physical energizer</b>	<b>For learning</b>	<b>For fun</b>
A. Get into the Soaper Hero Spirit	*				*			*	
B. Potato in a Jar Experiment			*	*	*	*		*	*
C. William! Won't You Wash Your Hands	*					*		*	*
D. Germs are Not for Sharing	*					*		*	
E. Film Festival						*		*	
F. Just Wash 'Em			*			*		*	
G. Sink a Germ	*					*		*	
H. <i>Glitterbug</i> Demonstration	*	*		*		*	*	*	*
I. Ah... Ah... Choo!	*			*		*		*	
J. Handprint Mural	*			*		*			*
K. Colour Me Happy	*	*				*			*
L. <i>Soaper Hero</i> Activities			*			*			*
M. Giant Microbes	*					*		*	*
N. Puppet Show	*	*			*		*		*
O. Germ Treasure Hunt	*	*				*	*	*	*
P. Create a Collage			*			*			*
Q. Invisible Germs			*			*		*	*
R. The Dirt on Germs	*					*		*	*
S. Germs Travel			*			*		*	*
T. Flu Crew				*	*			*	

## A. Getting into the *Soaper Hero* Spirit

### **Quick Description:**

A bulletin board display featuring the Timiskaming Health Unit's very own *Soaper Hero*

### **Required Materials:**

- ✓ Soaper Hero window clings
- ✓ Posters
- ✓ Stapler
- ✓ Tape
- ✓ Other objects to post on board

### **Preparations:**

Decide where to display your board and leave for a specified period of time. Choose an area of high traffic. Plan ahead and assemble in advance.

### **Directions:**

- ✓ Use the *Soaper Hero* window clings and posters provided in the resource kit.
- ✓ Display them on a wall or board
- ✓ Add other items such as pictures of germs, soap, people washing their hands, clean hands versus dirty hands, times when you wash your hands, places where germs hide, etc.

### **Variations:**

You may decide to display the *Soaper Hero* window clings on the washroom mirror or above your hand washing sink.

### **Major Learning Concepts:**

- ✓ Children can learn how long they need to wash their hands
- ✓ Children are reminded of the importance of washing their hands often

## B. Potato in a Jar Experiment

### Quick Description:

An experiment designed to show children how germs from your hands can be transferred to objects

### Required Materials:

- ✓ 4 glass jars
- ✓ 1 potato
- ✓ Knife
- ✓ Hand Soap

### Preparations:

Wash glass jars and lids in hot, soapy water. Dry thoroughly. Lightly wash and dry potato to remove visible dirt.

### Directions:

- ✓ Following play outdoors, have the children liberally touch a piece of potato without washing their hands
- ✓ Place the potato into a glass jar and cover tightly with lid. Label jar.
- ✓ Divide the children into two groups.
- ✓ Have one group rinse their hands only and have the other group wash their hands well for 15 seconds with ordinary hand soap. Each group should touch only one piece of potato after washing their hands.
- ✓ Place potatoes into separate glass jars and cover tightly with lid. Label jars.
- ✓ After 5-7 days, observe and record the results of the experiment

### Variations:

- ✓ Experiment by dividing the children into smaller groups and use different types of soaps or different types of “dirty hands” (e.g., sneezing, coughing, playing in the dirt)
- ✓ This experiment could be done after activity “**R. The Dirt on Germs**”.

### Facilitating Comments:

- ✓ What are some differences seen in all three potatoes?
- ✓ When we don't wash our hands, we spread germs everywhere

### Major Learning Concepts:

- ✓ Germs can be spread through contact
- ✓ Importance of handwashing

## C. William! Won't You Wash Your Hands

### **Quick Description:**

A bilingual story and coloring book about a young boy who is 'too busy' to wash his hands until he is taught why it is important and that it can be fun.

### **Required Materials:**

- ✓ Book "*William! Won't You Wash Your Hands*" by Marilyn Nault
- ✓ Crayons

### **Preparations:**

Make copies of book provided in this resources kit. You may also request additional copies from the Timiskaming Health Unit

### **Facilitating Comments:**

- ✓ When should we wash our hands?
- ✓ Washing your hands often helps you stay healthy.
- ✓ We should wash our hands for 15 seconds with soap and water.

### **Major Learning Concepts:**

- ✓ Handwashing keeps you healthy, prevents the spread of germs.
- ✓ Times when we need to wash our hands.

## D. Germs Are Not for Sharing

### Quick Description:

It's never too soon to teach little ones about germs and ways to stay clean and healthy. This book is a short course for kids on what germs are, what they do, and why it's so important to cover them up. Block them from spreading and washing them down the drain.

### Required Materials:

- ✓ Book "*Germs are not for sharing*" by Elizabeth Verdick

### Directions:

- ✓ Read the book during story time.
- ✓ Discuss how to prevent the spread of infections after reading the book.

### Variations:

- ✓ Activity "**M. Giant Microbes**" could compliment this story to give a visual of what bacteria and viruses look like.
- ✓ Make the book accessible for the older children to read independently.
- ✓ This activity can be done prior to activity "**M. Giant Microbes**".

### Facilitating Comments:

- ✓ What are some ways we spread germs?
- ✓ How can we prevent the spread of germs?

### Major Learning Concepts:

- ✓ Transmission of organisms.
- ✓ Disease prevention.

## E. Film Festival

### **Quick Description:**

A 5-minute, bilingual DVD that teaches the proper way to cough and sneeze in a funny and entertaining way.

### **Required Materials:**

- ✓ DVD “*Why Don’t We Do It In Our Sleeves*”
- ✓ DVD player
- ✓ Television

### **Preparations:**

Decide when you would like to show the DVD to staff members. It could be done at a staff meeting. You may also choose to show it in the lunchroom at multiple intervals. Contact the Timiskaming Health Unit to borrow the DVD.

### **Variations:**

Activity “**I. Ah... Ah... Choo!**” may also be done before or after watching the video.

### **Major Learning Concepts:**

- ✓ The importance of coughing and sneezing in your sleeve.
- ✓ How germs are transmitted.

## F. Just Wash ‘Em

### **Quick Description:**

CHICA-Canada’s very own Sudsy makes his debut in a creative, fun to watch 7 minute, bilingual, handwashing video aimed at school-ages children.

### **Required Materials:**

- ✓ DVD “*Sudsy says: Just Wash ‘Em*”
- ✓ DVD player
- ✓ Television

### **Preparations:**

Contact the Timiskaming Health Unit to borrow the DVD

### **Variations:**

You could also decide to create your own Sudsy hand puppet to accompany the video. Materials required are white gloves, 2 wiggly eyes, 1 square red felt, craft pom poms, sparkles, fabric glue. Use your imagination and be creative!

### **Facilitating Comments:**

- ✓ After watching the video, review the different times you need to wash your hands.

### **Major Learning Concepts:**

- ✓ The importance of handwashing.
- ✓ Times when we need to wash our hands.



## G. Sink a Germ

### **Quick description:**

Practice makes perfect when it comes to handwashing.

### **Required Materials:**

- ✓ Song: ABC
- ✓ *Soaper Hero* window cling
- ✓ Hand soap
- ✓ Paper towels

### **Preparations:**

This activity can be done after activity “**A. Get into the Soaper Hero Spirit**”. Ensure you have displayed the *Soaper Hero* window cling to guide the children’s handwashing techniques.

### **Directions:**

- ✓ You will role model good handwashing practice, calling out each of the following steps:
- ✓ Wet your hands.
- ✓ Apply soap.
- ✓ Rub hands together to the song: ABC (note: at least 15 seconds).
- ✓ Rinse your hands to get those germs off.
- ✓ Dry your hands with paper towels.

### **Variations:**

You may choose to sing a different song such as Twinkle, Twinkle or any song the children are familiar with.

### **Major Learning Concepts:**

- ✓ Handwashing is important to help prevent the spread of infections.
- ✓ Good handwashing technique.

## H. *GlitterBug* Demonstration

### **Quick Description:**

Test your handwashing skills with the hands-on demonstration unit.

### **Required Materials:**

- ✓ Soap
- ✓ *GlitterBug* potion
- ✓ *GlitterBug* demonstration unit with UVA light
- ✓ Handwashing sink

### **Preparations:**

Contact the Timiskaming Health Unit to book a *GlitterBug* demonstration unit. You may choose to borrow the equipment or have the Timiskaming Health Unit staff to the presentation.

### **Directions:**

- ✓ Refer to the handwashing poster provided in this kit to model a good handwashing technique.
- ✓ Apply *GlitterBug* potion generously to your hands, make sure to get between the fingers and on top of the hands as well.
- ✓ Look at your hands under the UVA light, they should be completely glowing.
- ✓ Wash your hands.
- ✓ Inspect your hands once more. Fluorescent particles present on hands will sparkle under the UVA light

### **Variations:**

Have staff compete against each other for the cleanest hands.

### **Facilitating Comments:**

- ✓ Keep nails short, no artificial nails and avoid chipped nail polish.
- ✓ Remove jewellery when washing your hands.
- ✓ Wash wrists and forearms if they have been contaminated.
- ✓ Make sure that sleeves are rolled up and do not get wet during washing.

### **Major Learning Concepts:**

- ✓ Good handwashing technique.

# I. Ah... Ah... Choo!

## **Quick Description:**

Children and staff will learn the proper way to cough and sneeze.

## **Required Materials:**

- ✓ Pamphlets and posters about respiratory etiquette (optional)
- ✓ Tissue
- ✓ Alcohol based hand rub or soap & water
- ✓ Waste basket

## **Preparations:**

Decide when you would like to do the demonstration. A staff meeting is a good time to present to your colleagues.

## **Directions:**

- ✓ Demonstrate coughing into one's sleeve.
- ✓ Demonstrate coughing into a tissue followed by discarding the tissue into a waste basket.
- ✓ Reinforce the importance of handwashing after coughing and sneezing. You may use soap & water or alcohol-based hand rub.

## **Variations:**

- ✓ This demonstration can be done before or after activity "**E. Film Festival**"
- ✓ You may decide to demonstrate the new technique.

## **Major Learning Concepts:**

- ✓ Cough and sneeze etiquette.
- ✓ Prevention of germ transmission.

## J. Handprint Mural

### Quick Description:

A display of hands pledging commitment to hand hygiene.

### Required Materials:

- ✓ Multi-coloured paper.
- ✓ Markers, pencils, pens.
- ✓ Scissors.
- ✓ Masking tape or double-sided tape.

### Preparations:

- ✓ Gather required materials, set up a table to trace and sign hand.

### Directions:

- ✓ Invite staff and children to trace an outline of one or both their hands.
- ✓ Ask them to sign the artwork to show their commitment to hand hygiene.

### Variations:

- ✓ Instead of sticking the hands on the wall at random, create a tree trunk with multiple branches using brown poster paper.
- ✓ Children may decide to make their handprints with yellow, red and blue finger paint. Another idea would be to try mixing all three colours to get a murky dirt colour to symbolize dirty hands.
- ✓ Pre-cut hands to save time.
- ✓ You may display in a high traffic area as social marketing tool or display in the washroom as a reminder of frequent handwashing.

## K. Colour Me Happy

### **Quick Description:**

A colouring contest fit for the young at heart!

### **Required Materials:**

- ✓ *Soaper Hero* picture
- ✓ Crayons or markers

### **Preparations:**

- ✓ Photocopy the *Soaper Hero* picture provided in this kit
- ✓ Decide if you would like a prize for the best picture or if you will give a prize for participation.

### **Variations:**

- ✓ Don't want to organize a contest? The *Soaper Hero* picture can be coloured for fun.
- ✓ You may decide to utilize a different picture.
- ✓ Ask the children to draw a germ and see where their imagination brings them.

### **Facilitating Comments:**

- ✓ While the kids are colouring the *Soaper Hero* picture, talk about the importance of good handwashing.
- ✓ Explain that handwashing prevents us from getting sick.

## L. *Soaper Hero* Activities

### **Quick Description:**

Bilingual *Soaper Hero* activities to get children into the handwashing spirit.

### **Required Materials:**

- ✓ Connect the dots
- ✓ Word search
- ✓ Word search with message
- ✓ Crossword puzzles
- ✓ Fallen phrases
- ✓ Photocopier
- ✓ Paper
- ✓ Pencils

### **Preparations:**

- ✓ Photocopy the activities provided in this resource kit.

### **Variations:**

- ✓ This would be great time to do activity “**G. Sink a Germ**” and show the children the proper handwashing technique

### **Facilitating Comments:**

- ✓ Handwashing prevents the spread of germs.
- ✓ Handwashing keeps you healthy.

### **Major Learning Concepts:**

- ✓ Importance of handwashing.

## **M. Giant Microbes**

### **Quick Description:**

*Giant Microbes* are made of vinyl and look like actual microbes only a million times their actual size. They provide a visual for children.

### **Required Materials:**

- ✓ Dr Larkin – Influenza
- ✓ Bellie – Shigella (causes stomach ache)
- ✓ Ahhh-ibert – Strep throat
- ✓ Sniffles – Rhinovirus (common cold)
- ✓ Marshmallow – Leukocyte (white blood cells)

### **Preparations:**

- ✓ Prepare a script of how you will explain the microbes to the children using the *Giant Microbes* provided in your kit
- ✓ You may also choose to utilize the sample script provide

### **Directions:**

- ✓ During or after story time or any activity that is related to germs, use the *Giant Microbes* to give a visual of what germs really look like.

### **Variations:**

- ✓ *Giant Microbes* can be used during a puppet show.

### **Facilitating Comments:**

- ✓ Germs are everywhere even if we can't see them.
- ✓ White blood cells help you body fight infections because they search the body for germs or substance that might cause problems.

### **Major Learning Concepts:**

- ✓ How the immune system works.

## N. Puppet Show

### **Quick Description:**

Create your own puppets for a unique puppet show.

### **Required Materials:**

- ✓ Brown paper bags
- ✓ Assorted collage materials such as: geometric shapes, colourful buttons, googly eyes, pipe cleaners, feathers, etc.
- ✓ Glue
- ✓ Scissors

### **Directions:**

- ✓ Allow children to sort through the collage materials to determine what viruses and bacteria would look like.
- ✓ Cut and glue the bacteria and virus shapes to the middle of a brown paper bag.
- ✓ The children then decorate around the shape using the sorted collage material.
- ✓ Once the puppets are complete, have a puppet show.
- ✓ Ensure the topic of the puppet show is related to handwashing, germ transmission, cough and sneeze etiquette, etc.

### **Variations:**

- ✓ If you're not interested in creating your own puppets, you can use dolls or puppets you may already have to be the star in the puppet show.

### **Major Learning Concepts:**

- ✓ All bacteria and viruses are different.
- ✓ Importance of handwashing.
- ✓ Cough/Sneeze etiquette.
- ✓ Germ transmission.



## O. Germ Treasure Hunt

### **Quick Description:**

A treasure hunt to teach children where germs like to hide.

### **Required Materials:**

- ✓ Post-it notes
- ✓ Bug shape rubber stamps
- ✓ Stamp pad
- ✓ 1 small container per child

### **Preparation:**

Stamp as many post-it notes as needed to place them around the room targeting all areas that are normally touched by little hands, such as:

- ✓ Sink
- ✓ Flush handle of toilet
- ✓ Garbage can
- ✓ Doorknobs
- ✓ Cubbies
- ✓ Walls
- ✓ Toy shelves, etc.

### **Directions:**

- ✓ Provide each child with one container. Children hunt for stickers, find them, pick them off, crumble them up and place them in their container.

### **Variations:**

- ✓ Instead of post-it notes, you could use stickers or cut out shapes that look like germs, use your imagination.

### **Facilitating Comments:**

- ✓ Reinforce that these are all places where you can find germs.
- ✓ Explain that we need to wash our hands often because we touch places where germs hide.

### **Major Learning Concepts:**

- ✓ Germs are everywhere.
- ✓ Frequent handwashing prevents the spread of germs.

## P. Create a Collage

### Quick Description:

Create a collage and have a show and tell.

### Required Materials:

- ✓ Assorted collage materials such as: geometric shapes, colourful buttons, googly eyes, pipe cleaners, feathers, etc.
- ✓ Crayons
- ✓ Glue
- ✓ Scissors

### Preparations:

- ✓ Cut out pictures from magazines or print some images from the internet.
- ✓ Ideas for pictures
  - Places where germs hide: sink, toilet, garbage, doorknob
  - Times when you need to wash your hands: playing with pets, before/after eating, after coughing/sneezing, after going to the washroom
  - Germs
  - Clean/dirty hands
  - Soap

### Directions:

- ✓ Discuss how germs are spread and how to prevent the spread (handwashing, cough/sneeze etiquette)
- ✓ Ask the children to make a collage about why we need to wash our hands often.

### Variations:

- ✓ This activity can be done after activity “**G. Skin a Germ**”, “**H. GlitterBug Demonstration**” or “**I. Ah... Ah... Choo!**”

### Major Learning Concepts:

- ✓ Importance of handwashing and coughing/sneezing into your sleeve.
- ✓ How germs are transmitted.

## Q. Invisible Germs

### **Quick Description:**

An experiment to help children understand that just because we can't see germs, it doesn't mean they aren't there.

### **Required Materials:**

- ✓ White glue
- ✓ White paper
- ✓ Water-based paint
- ✓ Water
- ✓ Paint brushes
- ✓ Cotton balls
- ✓ Small bowl

### **Preparations:**

- ✓ Prepare the colour wash. Mix a half and half mixture of paint and water.

### **Directions:**

- ✓ On day 1, have the children draw a germ by squeezing out the glue on to the paper.
- ✓ Let dry overnight
- ✓ On day 2, dip the paint brushes into the diluted paint and lightly cover the entire surface.
- ✓ Dip a cotton ball into the water and run it over the glued areas, replace the cotton ball when it becomes saturated with paint. The last step brings out the design of the picture.

### **Variations:**

- ✓ If there's a lack of time or if you are doing this experiment with younger children, it may be easier to try using a white crayon or white candle instead of glue.

### **Facilitating Comments:**

- ✓ What does it mean to be invisible? Too tiny to see with the naked eye.
- ✓ Because you can't see the germs, does not mean they are not there.

### **Major Learning Concepts:**

- ✓ Germs are invisible.
- ✓ Just because you can't see it, doesn't mean it isn't there.

## R. The Dirt on Germs

### **Quick Descriptions:**

Kids get their hands dirty and search for germs that are hiding in the dirt.

### **Required Materials:**

- ✓ Set a small plastic sand play critters
- ✓ Clear plastic containers filled with potting soil or garden dirt
- ✓ Sifters and scoops

### **Preparations:**

Decide what type of object you would like to use for the critters. You can be creative and make small germs (e.g., make small balls with play dough, let them dry and add eyes).

### **Directions:**

- ✓ Hide the critters in the dirt
- ✓ Potting soil is recommended as it differs from sand in texture, appearance and smell.
- ✓ Optional: Add water to the soil and encourage children to make Mud Pies.
- ✓ Children will look for the critters in the soil.

### **Variations:**

- ✓ This activity can also be held outside (e.g., sandbox).
- ✓ It is a great opportunity to link this activity with "**G. Skin a Germ**"

### **Facilitating Comments:**

- ✓ There are a lot of germs hiding in the dirt. They like to hide in dark and wet places.
- ✓ Now that our hands are dirty, let's go wash them.
- ✓ Germs are so small they are invisible

### **Major Learning Concepts:**

- ✓ Areas where germs can hide.
- ✓ Importance of handwashing after playing in the dirt.

## S. Germs Travel

### Quick Description:

An experiment to show children how germs are spread.

### Required Materials:

- ✓ Glitter

### Directions:

- ✓ Inform the children that you are going to show them how easily germs can spread if you don't cough or sneeze into our sleeves; or if we don't properly clean our hands.
- ✓ Sprinkle sparkles on one child's hand. Have the children line up and one by one shake hands.
- ✓ Observe the last person's hands, can you see any glitter?

### Variations:

- ✓ This activity can be done after "I. Ah... Ah... Choo!"
- ✓ "G. Sink a Germ" could also compliment this activity, the glitter needs to be washed off.
- ✓ You may also contact the Timiskaming Health Unit to borrow glow germ powder and a UV light instead of the glitter.

### Facilitating Comments:

- ✓ Germs can be passed from person to person.

### Major Learning Concepts:

- ✓ Germs can be transmitted from person to person.
- ✓ Importance of proper coughing/sneezing etiquette
- ✓ Importance of handwashing.

## T. Flu Crew

### **Quick Description:**

Advertise dates and times of upcoming influenza vaccinations clinics.

### **Required Materials:**

- ✓ Influenza immunization clinic flyers can be downloaded from the Timiskaming Health Unit website.

### **Directions:**

- ✓ Distribute immunization clinic flyers to all staff

### **Variations:**

- ✓ You may decide to invite the Timiskaming Health Unit for a presentation on Influenza and the importance of vaccinations.
- ✓ Post flyers in areas of high traffic.

### **Facilitating Comments:**

- ✓ The flu vaccine protects you against influenza but also protects those who are risk of complications such as children under the age of 1.

## Infection Control Resource Kit Satisfaction Survey

- 1) How useful has the Infection Control Resource Kit been for your facility?
  - a. Extremely useful
  - b. Very useful
  - c. Moderately useful
  - d. Slightly useful
  - e. Not at all useful
  
- 2) How would you rate the activities and their applicability to educating your children and your staff on infection control?
  - a. Extremely good
  - b. Very good
  - c. Good
  - d. Fair
  - e. Poor
  
- 3) How would you rate the promotional materials included in your kit?
  - a. Extremely helpful
  - b. Very helpful
  - c. Moderately helpful
  - d. Slightly helpful
  - e. Not at all helpful
  
- 4) Did your facility have an introduction session to the kit delivered by staff from the Timiskaming Health Unit?
  - a. Yes – continue to question 5
  - b. No – continue to question 6
  - c. Sd
  
- 5) How would you rate the introduction session delivered by staff from the Timiskaming Health Unit?
  - a. Extremely helpful
  - b. Very helpful
  - c. Moderately helpful
  - d. Slightly helpful
  - e. Not at all helpful
  
- 6) Please provide any additional comments you would like to share regarding your Infection Control Resource Kit or other resources provided by the Timiskaming Health Unit.

Please complete the survey and fax to the Timiskaming Health Unit at 705-647-5779.