

Health

2.PCH.2.1

Summarize reasons and strategies for preventing contact with bodily fluids

Materials:

- Flip Chart & Markers
- (Optional) The Sneeze: How Germs Spread Video: <http://www.youtube.com/watch?v=yToii3-p-NI>
- Book: Germs Make Me Sick, Melvin Berger
- Writing notebooks
- Poster paper

Focus Step:

Brainstorm with students and record answers on flip chart or board: What is a germ? What do germs do? How do we get germs? Where do germs live? (e.g. Hands, Bathrooms, Kitchens, toothbrushes, mouths, noses, cuts or scrapes etc.) Germs are everywhere and on everybody! We have good germs and bad germs that are part of us all the time. We want to protect ourselves from the bad germs that can make us sick. Ask students, “What is the best protection from bad germs?”

(Optional) Watch The Sneeze: How Germs Spread. Discuss what students noticed during the video. The germs multiply, many hands touching doorknobs, only touching the food you plan to eat, hand washing with soap and water washes the germs down the drain. How quickly do germs spread?

Statement of Objectives:

In today’s lesson we learn the importance of preventing contact with bodily fluids and how to do so effectively.

Teacher Input:

Read Germs Make Me Sick, by Melvin Berger. Explain to students that this is an informational science text that will explain how germs make us sick. After reading the text, discuss what types of germs make us sick, how we come into contact with germs and what we can do to keep our bodies from getting sick.: 1. Hand washing. If we come into contact with any bodily fluids, we should wash our hands right away. This includes sneezing, blowing our noses, coughing, blood from our bodies or another person, saliva, urine, feces etc. What types of diseases can we catch from touching bodily fluids? (e.g. cold, flu, HIV, rotavirus, giardia, cholera). Revisit the flip char list from the Focus Step and ask students if there is any information they would like to add to the list.

Ask students what they can do to stay germ free:

1. Wash hands before eating, after going to the bathroom, after playing with pets and after playing outside.
2. Use a tissue or your sleeve when you sneeze or cough.
3. Do not share items that have been in someone else’s mouth: cups, straws, water bottles, Chap Stick pencils, or utensils.
4. Keep your wounds covered with bandages. If a friend gets hurt, don’t touch the wound. Get a teacher or another adult to help.
5. If you or a friend gets a nosebleed, tip your head forward and pinch the nose with a tissue, put an ice chip under the top lip or an ice pack to the back of the neck.
6. Do not pick up trash without gloves. Do not pick up any glass or sharp objects, because someone may get cut.

Potential Integration:
ELA; Science

Ask students in pairs to come up with a list of steps for washing hands. Have each pair share their lists and as a class, make one master list.

Example:

1. Turn on the water
2. Pump the soap
3. Scrub your palms, fingers, nails and wrists
4. Wash for 20 seconds
5. Rinse
6. Towel Dry
7. Turn off the water with the towel
8. Throw the towel away

Act out each step as a class and time students for 20 seconds as they practice washing. (Count by 5s to 100, 10s to 200, 100s to 1000 twice). Tell students that singing Twinkle Twinkle Little Star or the ABC song twice through will be long enough to scrub with soap and water.

Assessment:

Students will create an informative and explanatory poster to name and illustrate the steps of hand washing. Students will receive guidance from peers and the teacher to revise and edit their product before final publication. Finished products can be displayed in the classroom and around the school to inform other students about proper hand washing techniques. Allow students to choose where they would like their posters to be displayed and which areas within the school would have the greatest effect on whether students wash their hands properly (e.g. discuss areas near sinks, cafeterias etc.)

Closure:

Students will share their posters with the class and post around the school. Teacher will continue to refer to good hand washing practices throughout the school year.