Unit 1: Introduction to Infectious Diseases

Instructional Activities for Adults

PKIDs’ Infectious Disease Workshop

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PKIDs’ Infectious Disease Workshop
Acknowledgements

Producing this workshop has been a dream of ours since PKIDs’ inception in 1996. It has been more than two years since we began work on this project, and many people helped us reach our goal. It’s not done, because it is by nature a living document that will evolve as science makes strides in the research of infectious diseases, but it’s a great beginning.

There are people who’ve helped us whose names are not on this printed list. That omission is not deliberate, but rather from our own clumsiness in losing important pieces of paper, and we apologize.

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Table of Contents

Introduction ........................................................................................................................................ 5

1. Making a Reference Notebook ................................................................................................... 6
   Visual aids — click here to link to the visual aids in PDF

2. Transmission Modes Quiz ......................................................................................................... 8

3. Infectious Disease Word Jumble ............................................................................................... 10
   Handout ..................................................................................................................................... 11

Bibliography ................................................................................................................................... 12

Additional Activities and Resources ............................................................................................. 16

Warning: This section contains certain disease-related images/terms that may not be suitable for young children.

To navigate this document, use the bookmarks to the left or select an item on this page.

Click here to go back to the PKIDs' IDW website.

This publication contains the opinions and ideas of its authors. It is intended to provide helpful and informative material on the subject matter covered. Any information obtained from this workshop is not to be construed as medical or legal advice. If the reader requires personal assistance or advice, a competent professional should be consulted.

The authors specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this workshop.
PKIDs (Parents of Kids with Infectious Diseases) is a national nonprofit agency whose mission is to educate the public about infectious diseases, the methods of prevention and transmission, and the latest advances in medicine; to eliminate the social stigma borne by the infected; and to assist the families of the children living with hepatitis, HIV/AIDS, or other chronic, viral infectious diseases with emotional, financial and informational support.

Remaining true to our mission, we have designed the Infectious Disease Workshop (IDW), an educational tool for people of all ages and with all levels of understanding about infectious diseases. In this workshop, you will learn about bacteria and viruses, how to prevent infections, and how to eliminate the social stigma that too often accompanies diseases such as HIV or hepatitis C.

We hope that both instructors and participants come away from this workshop feeling comfortable with their new level of education on infectious diseases.

The IDW is designed to “train-the-trainer,” providing instructors not only with background materials but also with age-appropriate activities for the participants. Instructors do not need to be professional educators to use these materials. They were designed with both educators and laypersons in mind.

The IDW is comprised of a master Instructor’s Background Text, which is divided into six units: Introduction to Infectious Diseases, Disease Prevention, Sports and Infectious Disease, Stigma and Infectious Disease, Civil Rights and Infectious Disease, and Bioterrorism and Infectious Disease.

For each unit, instructors will find fun and helpful activities for participants in five age groups: 2 to 6 years of age, 6 to 9 years of age, 9 to 12 years of age, 13 to 18 years of age and adults.

We welcome any questions, comments, or feedback you may have about the IDW or any other issue relating to infectious diseases in children.

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INTRODUCTION TO INFECTIOUS DISEASES
Making a Reference Notebook

LEVEL
Adult

OBJECTIVE
• Participants will summarize main characteristics of several prominent infectious diseases.
• Participants will compare and contrast this information.

MATERIALS
• One spiral-bound notebook, or section of a binder and loose-leaf paper, for each participant.
• PKIDs’ Infectious Diseases visual aids — click here to link to the visual aids in PDF.

PREP
1. Set up .pdf visual aids (included) for participants to view during lecture.
2. Prepare lecture (e.g., highlight desired portions of text) using specific disease information from the PKIDs’ IDW Instructor Background Text.
3. List the Assessment questions on the board/overhead.

INSTRUCTIONAL COMPONENTS
1. Instruct participants to prepare their notebooks.
   a. On the first page of their notebook, they should write down the questions that need to be answered about each disease. (See the “Assessment” section for these questions.)
   b. It would probably be best if a new page of notes is started for each disease.
2. Work through each disease.
3. At the end of the lecture, have participants answer the follow-up questions (written or verbal format, as instructor determines).

ASSESSMENT
For each disease, the following questions should be answered/addressed:
1. Name of disease.
2. Is pathogen that causes this disease a virus or bacteria?
3. List one historical fact about this disease [optional] (e.g., where it was first discovered).
4. How prevalent/common is this disease?
5. How is this disease transmitted?
6. What are the major symptoms of this disease?
7. Is this disease vaccine-preventable?

Follow-up questions for the end of the lecture:
1. Which pathogen type is more common: virus or bacteria? Hypothesize why.
2. How many diseases can be prevented with vaccines? (_____ out of _____)
3. How many diseases cause few or no symptoms when they are contracted? (___ out of ___)
4. How can you tell if a person has one of these infectious diseases if they show no symptoms? (you can’t)
TRANSMISSION MODES QUIZ

LEVEL
Adult

OBJECTIVE
Participants will identify various methods of infectious disease transmission.

MATERIALS
Each participant needs a piece of notebook paper and pencil.

PREP
None

INSTRUCTIONAL COMPONENTS
1. Read participants the “Transmission” section from Unit 2: Disease Prevention of the IDW Instructor’s Background Text. Instruct participants to take brief notes on the five types of disease transmission:
   a. Contact (direct and indirect)
   b. Droplet
   c. Airborne
   d. Common vehicle
   e. Vectorborne
2. Instruct participants to label the following scenarios with the correct mode of transmission and briefly explain why they selected that mode. (Answers are in parentheses.)

ASSESSMENT
1. A rabid bat bites a human, infecting him with rabies. (Vectorborne transmission—the bat acts as the vector, or carrier, of the disease.)
2. You contract the flu after your friend, who has the flu, sneezes on you. (Droplet transmission—you inhale the sneezed droplets containing the influenza virus.)
3. A woman cleaning her garage is infected with hantavirus. (Airborne transmission—the virus, which is present in deer mouse feces, is stirred up in the dust.)
4. One child contracts scabies after play-wrestling with another child infected with the scabies parasite. (Direct contact transmission—skin-to-skin contact was required to transmit the disease.)
5. A person contracts herpes type 1 by kissing another person who is infected with herpes. (Direct contact—skin-to-skin.)
6. You and your friends take a trip to the beach and stay overnight. You discover you’ve forgotten your razor. There’s no way you’re going out without shaving, so you borrow your friend’s razor. You nick yourself slightly while shaving, but don’t think much of it. Unfortunately, some of your friend’s dried blood was on the razor, even though you couldn’t see it. Your friend has hepatitis B, and you are not vaccinated. (Indirect contact transmission—contaminated body fluids transmitted to and from a shared object.)
7. You decide to give IV drugs a try and contract hepatitis C from the previous user’s needles. (Indirect contact transmission—germs transmitted to and from a shared object.)

8. You have a friend who never washes her hands and is infected with hepatitis A. She fixes a salad for you and your family and you all contract hepatitis A. (Common vehicle transmission—germs transmitted to and from a shared object.)

9. One person contracts genital warts and HIV by having sex with another person who is infected with these diseases. They were probably not using a condom. (Direct contact transmission.)

10. A person with active tuberculosis disease passes through the room you are in. You then contract tuberculosis. (Airborne transmission—particles that travel significant distance through the air.)

11. You contract the West Nile virus after being bitten by a mosquito carrying the virus. (Vectorborne transmission—the mosquito is the vector, or carrier, of the disease.)

12. After a family reunion, several members of your family get sick after eating burgers contaminated with \textit{E. coli} O157:H7. Apparently the contaminated burgers weren’t fully cooked. (Common vehicle transmission.)
INFECTIONOUS DISEASE WORD JUMBLE

LEVEL
Adult

OBJECTIVE
Participants will identify infectious disease terminology.

MATERIALS
One copy of the word jumble handout (included) per participant.

PREP
None

INSTRUCTIONAL COMPONENTS
Allow participants time to unscramble the terms provided.

ASSESSMENT
Answer Key:
1. Virus
2. Sex
3. Herpes
4. Disease
5. Germs
6. Hepatitis
7. AIDS
8. Transmission
9. Immunization
10. Bacteria
11. Fungus
12. Bloodborne
Infectious Disease Word Jumble

Unscramble each word and write it on the line.

1. irvus _________________________________
2. xse _________________________________
3. rehpse _______________________________
4. iedssae ______________________________
5. sgmer ________________________________
6. ahiespitt _____________________________
7. adsi _________________________________
8. srmintnsoasi __________________________
9. uzniamomnti __________________________
10. etirbecaa ____________________________
11. gfunsu ______________________________
12. nooobdlber ___________________________
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Additional Activities and Resources for Teachers, Students, and Parents

This excellent guide to general health contains information on diseases, various disease prevention methods and new medical technologies as well as self-diagnostic symptom charts and helpful photos and diagrams.

As seen on public television.

Contains over 20,000 pages of information on numerous infectious diseases as well as information on bioterrorism and vaccines.

Discusses the nature of viruses, how they function, and the diseases they cause.