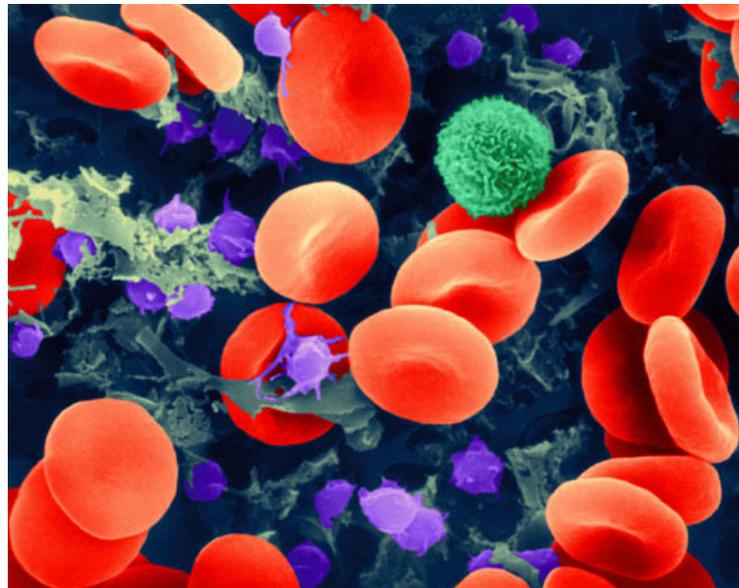


Unit 6: Bioterrorism and Infectious Diseases

Instructional Activities for Adults



PKIDs' Infectious Disease Workshop

Made possible by grants from the Northwest Health Foundation,
the Children's Vaccine Program at PATH and PKIDs.

PKIDs' Infectious Disease Workshop

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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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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.

Introduction

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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BIOTERRORISM

Making an Emergency Contacts List



LEVEL

Adult

OBJECTIVE

- Participants will fill out emergency contacts information sheet.
- Participants will post the emergency contacts information sheet in their homes for reference.
- Families/coworkers of participants will discuss/rehearse actions to be taken in the event of emergency.

MATERIALS

1 copy of the “Emergency Contacts” sheet for each participant.

PREP

None

INSTRUCTIONAL COMPONENTS

1. Give 1 copy of the “Emergency Contacts” sheet to each participant. (The sheet is designed for children as well as adults.)
2. Briefly review the components of the sheet:
 - Our Family Name: put the family’s last name here.
 - Home Phone and Address: list any phone numbers for the home and the street address (no post office boxes).
 - For ambulance, fire, or police, call 911.
 - 2 spaces are provided for parent/guardian contact information.
 - 2 spaces are provided for friends/family not in the same household. It is a good idea for everyone in the family to know the phone number for the out-of-town friend/relative, so that in the event of a local disaster, each family member can report in with the out-of-town friend/relative, who shares that information with all family members.
 - 1 space is provided for the number of the local health department. Anyone suspecting they have been subject to a biological attack should call this number.
 - 1 space is provided to list the location of the family’s meeting place outside the home.
3. Encourage older children/adults to help younger children fill out the sheet and understand how and when to use the information.
4. Adults can fill out a sheet for the workplace as well as the home.

ASSESSMENT

Participants should be able to state the location of the emergency contacts list in their home.

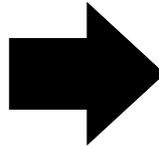
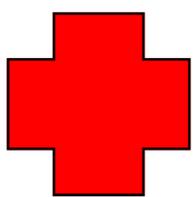
Emergency Contacts

Our Family Name: _____

Our Home Phone: _____

Our Street Address: _____

Our Town: _____



9-1-1



NAME: _____

WORK PHONE: _____

CELL PHONE: _____



NAME: _____

WORK PHONE: _____

CELL PHONE: _____



NAME: _____

HOME PHONE: _____

WORK/CELL PHONE: _____



NAME: _____

HOME PHONE: _____

WORK/CELL PHONE: _____

LOCAL HEALTH DEPARTMENT
PHONE: _____
WEBSITE: _____

OUR FAMILY MEETING PLACE
OUTSIDE HOME: _____

BIOTERRORISM

Making A Comfort Kit

LEVEL

Adult

OBJECTIVE

Participants will assemble a small package of things for their own personal comfort or entertainment in the event of a disaster.

MATERIALS

- 1 handout (included with lesson) per participant.
- Miscellaneous items to be provided by participants.

PREP

Determine storage space for kits.

INSTRUCTIONAL COMPONENTS

1. Send participants home with handout.
2. Adults can make their own comfort kits for the workplace and/or car.
3. Be sure all kits are labeled with names!

ASSESSMENT

Participants will bring their own comfort kits to work.

BIOTERRORISM

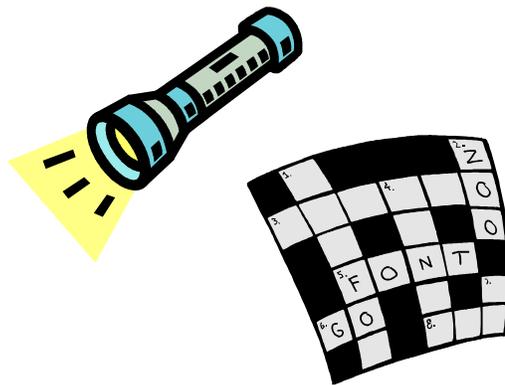
Making A Comfort Kit

In the unlikely event of a disaster (natural or man-made) occurring, please consider creating a "comfort kit" to keep at work. This kit should contain non-perishable items that will help pass the time and alleviate stress. You may choose to create a similar kit for your car.

Select items that will fit inside a small bag, such as a 1-gallon resealable bag. A list of items to consider might include:

- Plastic garbage sack (to protect from moisture; can be used as a blanket)
- Photo of the family
- Non-perishable snack items, candy
- Drinks in small, sealed containers or pouches
- Drawing pad, paper
- Activity/game booklet (e.g., crossword puzzles, word searches)
- Book, magazine
- Travel-sized game
- Deck of cards
- Flashlight
- Small battery-powered radio
- Extra batteries
- Daily vitamins and medications
- Small pillow

Remember to label the kit with your name!



BIOTERRORISM

Who Responds?

LEVEL

Adult

OBJECTIVE

Participants will gain knowledge of agencies and resources that are integral in responding to a bioterrorism incident.

MATERIALS

1 copy of the attached quiz for each participant.

PREP

None

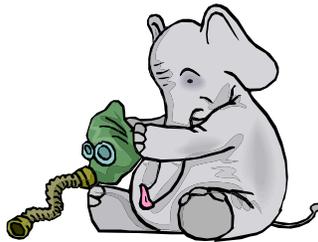
INSTRUCTIONAL COMPONENTS

Participants will complete the quiz and compare/check answers.

ASSESSMENT

See attached quiz.

Answers: 1) laboratories, 2) the media, 3) police department, 4) health care providers, 5) CDC, 6) NPS, 7) public health departments, 8) HazMat, 9) FEMA, 10) DHHS, 11) paramedics, 12) FBI.



BIOTERRORISM Who Responds?

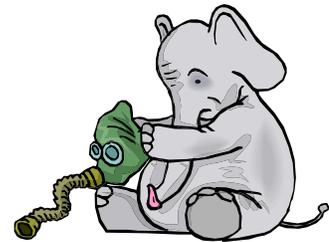
In the event of a bioterrorist incident, many agencies would need to coordinate their efforts in order to control the situation. Several are already doing this to ensure that resources and communication protocols will be ready if a biological attack occurs. Some agencies that would need to share information are: state/local health departments; paramedics (EMS, fire department); health care providers, including hospitals, physicians and nurses, and medical clinics; medical examiners' offices; laboratories; pharmacies; veterinary clinics; poison control centers; local/state police departments; the Federal Bureau of Investigation (FBI); volunteer organizations; and social and mental health services. That's just to name a few!

How well do you know and understand which agencies would serve your community during a biological attack? To find out, take this quiz and check your answers with your instructor at the end.

(NOTE: The agencies and descriptions provided here are not meant to provide you with a complete list of organizations and their duties, but rather a general idea of them.)

Choose from the following and fill in the blanks:

Health care providers
Police departments
Paramedics
Public health departments
Laboratories
The media
HazMat
National Pharmaceutical Stockpile Program (NPS)
Federal Emergency Management Agency (FEMA)
Department of Health and Human Services (DHHS)
Centers for Disease Control and Prevention (CDC)
Federal Bureau of Investigation (FBI)



1. Technicians in government and private _____ analyze samples from crime scenes to determine the composition of suspicious substances.
2. All agencies should communicate effectively with _____ in order to prevent the spread of inaccurate information and to provide the public with information.
3. In the event of a biological attack, the local _____ would be responsible for community security, including enforcing quarantines and helping transport medical supplies.

4. _____, such as hospitals, clinics, nurses and physicians, must have an understanding of the biological agents that can be used as weapons and the symptoms victims of a biological attack would exhibit. If an attack is suspected, they must immediately contact public health officials at local, state, and federal health organizations.
5. The _____ provides national leadership and education to public health professionals and health care providers, teaching them to detect and respond to biological threats. This organization oversees many programs and offices, including the Epidemiology Program Office, the National Center for Infectious Diseases, and the National Immunization Program.
6. The _____ is a national supply of medications, treatments, and medical paraphernalia that can be distributed in the event of a biological emergency.
7. _____ are generally concerned with maintaining community health at the state and local level and providing education to the public and medical personnel. In the event of a bioterrorist attack, they would send disease detectives (epidemiologists) to investigate the situation and assess people exposed to the biological agent.
8. _____ deals with the transportation and cleanup of hazardous materials.
9. The _____ coordinates the federal response to emergencies. This government agency has assisted countless people suffering from the aftermath of major destructive events, such as tornadoes, floods, and earthquakes.
10. The _____ coordinates the National Medical Response Teams for Weapons of Mass Destruction. This department encompasses many government agencies, including the Centers for Disease Control and Prevention.
11. In the event of a bioterrorist attack, _____ from EMS and the fire department would be responsible for responding to and transporting victims.
12. The lead agency in a terrorist incident is the _____.

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www.apic.org

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www.bt.cdc.gov

Center for the Study of Bioterrorism at the Saint Louis University School of Public Health
bioterrorism.slu.edu

Department of Health and Human Service: Homepage for Metropolitan Medical Response System (MMRS) information
www.mmrs.hhs.gov

Johns Hopkins Medicine: Center for Civilian Biodefense Strategies
www.hopkins-biodefense.org

Northwest Center for Public Health Practice at the University of Washington School of Public Health and Community Medicine: *Bioterrorism Training Tools; Hands-on Training for Public Health Emergencies*
healthlinks.washington.edu/nwcphp

Seattle and King County Public Health. “*Update on Bioterrorism Preparedness: The role of Public Health and health care providers.*”
www.metrokc.gov

The U.S. Army Medical Research Institute of Infectious Diseases
www.usamriid.army.mil

U.S. Army Office of the Surgeon General: The Medical NBC (Nuclear, Biological, Chemical) Online Information Server
www.nbc-med.org

U.S. Food and Drug Administration: *Bioterrorism*
www.fda.gov

Additional Activities and Resources for Teachers, Students, and Parents

American Red Cross. Distributes preparedness pamphlets, checklists, and coloring books. Website contains information for educators.
www.redcross.org

Chin, James E. ed. *Control of Communicable Diseases Manual*. 17th ed. Washington, DC: American Public Health Association, 2000.
Primarily focuses on the public health response to infectious diseases.

The Parents' Committee for Public Awareness. *Anthrax: A Practical Guide for Citizens—What You Should Know, What You Can Do, & How It Came to This*.
Cambridge: Harvard Perspectives Press, 2001.
Distills the most up-to-date information and compiles useful public materials so that no family, individual, employer, public institution or medical facility will have to hunt them down.

Salvucci, Angelo Jr. M.D., ed. *Biological Terrorism, Responding to the Threat: A Personal Safety Manual*. Carpinteria: Public Safety Medical, 2001.
Contains all the information necessary to protect individuals and their families in the unfortunate reality of our nation's battle with terrorism.

Tucker, Jonathan B. *Scourge: The Once and Future Threat of Smallpox*. New York: Atlantic Monthly Press, 2001.
Looks at the continuing debate over the destruction of smallpox using numerous interviews with key players to look at the political and social aspects of the disease.