



Salt Lake City School District 3rd and 4th grade

BLOOD BORNE PATHOGENS EDUCATION CURRICULUM

As part of the Healthy Lifestyles Curriculum, the State Office of Education has developed an AIDS Education Curriculum for grades 3-12. School Districts are mandated by State Law to teach this curriculum. The SLC School District has expanded this curriculum to include other blood borne pathogens, particularly Hepatitis B (HBV) and Hepatitis C (HCV). The following is the state outline for 3rd – 6th grades. The lesson will be taught by a registered school nurse, using a SLCSO approved DVD, and PowerPoint presentation, followed by a question and answer session. If you would like to preview the material, please contact your school nurse.

Students will develop a basic understanding of communicable diseases and the immune system, and how diseases caused by bloodborne pathogens compare and differ with other diseases.

1. Discuss ways that the diseases caused by bloodborne pathogens are similar to other diseases.
2. Describe how bloodborne diseases are difficult to contract and usually do not affect children.
3. List the ways people cannot contract bloodborne diseases.
4. Explain how the scientific community is working hard to find a cure for diseases caused by bloodborne pathogens.
5. Discuss strategies for disease prevention such as decision-making skills and potential consequences for risky behaviors.

The primary emphasis of this lesson is to educate students about HIV and other bloodborne diseases, modes of transmission, and how to protect themselves from exposure. The discussion at this level has been developed to establish a foundation for a more detailed discussion of sexuality in the intermediate grades and ease fears about bloodborne diseases.

Children should recognize that bloodborne diseases cause some adults to get very sick, but they do not commonly affect children. They should understand that these diseases are very hard to get and that one cannot contract them by casual contact with someone who has one of these diseases. We aim to inform students that many scientists throughout the world are working hard to find a cure.

SAMPLE LESSON PLAN FOR 3RD AND 4TH GRADERS

1. Define the following bloodborne pathogens: AIDS, HIV, HBV, HCV. Discuss the AIDS and HIV acronyms as follows:

A	Acquired	(Something you get)
I	Immune	(A system in your body that fights diseases)
D	Deficiency	(You are lacking or missing something)
S	Syndrome	(A whole collection of signs and symptoms) (Therefore AIDS means that your body lacks a way to fight diseases)
H	Human	(It is a disease in humans only)
I	Immunodeficiency	(Refer to definition above)
V	Virus	(The germ that causes HIV is a virus)

2. Discuss the spread of germs and how they spread disease.

Bacteria – Are single celled organisms that live all around us. They cause diseases such as strep throat and pink eye, which can be treated with antibiotics.

Viruses – Cause diseases such as common cold, flu, and chicken pox that cannot be treated with antibiotics.

How do people typically become infected?

- Sneezing
- Sharing utensils and drinking glasses
- Breathing in the bacteria or virus
- Touching a contaminated surface, then touching your eyes, mouth or nose
- Not washing your hands after going to the bathroom or before eating

3. Discuss how a healthy our immune system is the body's defense against infection.
4. Many diseases are spread by coughing, sneezing, and contaminated objects.
5. Bloodborne pathogens are very different from a cold or flu virus. Rather than being spread through casual contact, they are spread by direct contact with blood.
6. Blood borne diseases usually do not affect children.

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7. List ways bloodborne pathogens cannot be contracted:
 - Sneezing
 - Sharing utensils and drinking glasses
 - Sitting next to someone with the disease
 - Taking care of someone with the disease
 - Living in the same house with someone who has the disease
 - Touching someone with the disease
 - Holding hands

 8. People get bloodborne diseases by coming into contact with an infected person's blood.

 9. How can you keep or prevent yourself from getting a bloodborne disease?
 - Don't touch anyone's blood. If someone needs first aid, get an adult to help
 - Don't share blood like "Blood Brothers/Blood Sisters"
 - Tattoos, ear, or other body piercings should be done only by professionals
 - Don't use illegal drugs. Explain that needles are sometimes used to inject illegal drugs
 - Don't pick up needles or syringes anywhere, instead get an adult to help
 - Do not put your hands in trash cans

 10. There is no cure or vaccine for many of these diseases, but scientists are working hard to find a cure.

3RD AND 4TH GRADE QUESTIONS

1. **T** **F** People can give each other diseases.
2. **T** **F** Bloodborne diseases are caused by viruses.
3. **T** **F** Your body's immune system can protect you from many infections.
4. **T** **F** AIDS, HBV, HVC, etc. can be cured.
5. **T** **F** Children who attend school with someone who has a bloodborne disease can catch the disease by sitting next to them.