

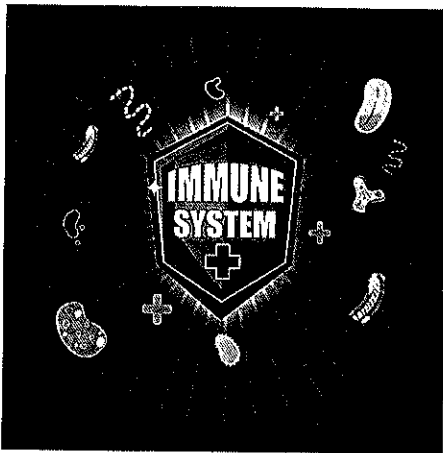


Dangerous Communicable Diseases

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The Immune System



- The system in our body that helps us fight off germs, like viruses
- Made up of organs, cells, and proteins that work together
- Example #1: when I get a cold
- Example #2: paper cut

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Modes of Transmission

• Germs don't move themselves. They need help from people and the environment.



• droplets (coughing and sneezing)



• saliva (like when sharing a water bottle or eating utensil)



• contact with fecal matter or contaminated sources



• blood-to-blood

* There are other modes of transmission, but they include understanding other systems in the body, so you will learn about those in middle school and high school.

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H- Human

I- Immunodeficiency

V- Virus

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HIV

- Rare illness
- Usually affects adults, because of the environments that they work in
- Once inside the body, the virus is present for the rest of that person's life.
- No Cure
- No immunizations or vaccines to prevent it

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HIV

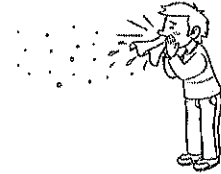
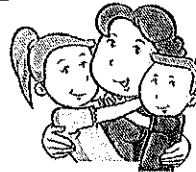


- The HIV virus is one of the communicable diseases that is transferred via blood-to-blood contact
- Which means: to get HIV, you need to be in contact with someone's blood who has the virus, and that blood would need to get into your body
- Example: getting poked by a needle that was used for a person who is infected.

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You cannot get HIV:

- by shaking hands, touching, or hugging
- by sharing bathrooms, drinking fountains, or eating utensils
- from saliva (spit) or being coughed or sneezed on
- from insect bites



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Progression of HIV

- HIV slowly destroys the immune system
- For some people, after many years, HIV progresses to something called AIDS.



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A- Acquired

I- Immune

D- Deficiency

S- Syndrome

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AIDS

- When the immune system gets so weak from the HIV virus, the immune system can no longer fight off simple infections like colds and the flu.
- Without medications to help the immune system, they could get very sick, or even die.

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The Good News



•Medical
advancements



•Medications



•Specially
trained doctors

People with HIV and AIDS can now live long, health lives!

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Protecting Others

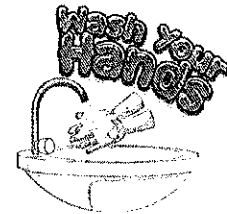
- Gloves, gowns, and masks
- New needles
- Sterilization
- “Sharps” containers
- Biohazard Waste bins



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Protecting Yourself

- Wash your hands and using hand sanitizer
- Avoid putting your hands in your mouth or around your eyes and nose
- Never touch anyone else's blood, or any objects that come in contact with someone's blood, such as needles and razors.
- Notify an adult if you see blood or other bodily fluids that need cleaned up.



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• Treat them the way you want to be treated.

• Despite their illness, they are just like you and me.

• Be friendly and support them when they need it.

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Thank You!

- IF YOU HAVE OTHER QUESTIONS ABOUT HIV OR AIDS,
PLEASE TALK TO A TRUSTED ADULT AT HOME.

Communicable diseases, HIV and AIDS

Elementary Level Transcript

Written by Stephanie Clark, RN, Monroe Public School

Slide #1- Hi everyone. Today I'm going to talk to you about communicable diseases. This is just an advanced way of saying, "we're going to talk about germs and viruses that are passed from one person to another person".

Slide #2- To understand a little about communicable diseases, you need to know what the immune system is. Does anyone know what it is? (allow for answers). The immune system is a system in our body that helps us fight off bad germs, like viruses, bacteria, and infections. It also helps us heal injuries and wounds. It's made up of different organs, cells, and proteins in our body that all work together to keep us healthy. For example, when I get a cold, I'm considered infected with the virus. I may be sick for a week or two and have symptoms like a runny nose, a cough, or sometimes a fever, but I have a healthy immune system that will kill the virus (the bad germs) so I can go back to being healthy. Another example of our immune systems at work, is when we get a paper cut. Some of the cells in our blood, called the white blood cells, clump together to form a blood clot that stops the bleeding. Then some of the proteins in our body join those white blood cells and eventually they form a scab. It's pretty cool science!

Slide #3- Now let's talk a little about the ways you can come in contact with germs, called modes of transmission. It's important to know that germs don't move themselves. They need help from people and the environment. For example, a cold virus can be passed through droplets, or tiny particles in the air, when an infected person coughs or sneezes. This is why it's important to cover your sneezes and cough into your elbow. Some viruses can be passed through saliva, or spit, which is why we shouldn't share drinks or eating utensils. It's gross to think about, but some germs are transferred if you don't wash your hands well after using the bathroom. Some viruses are transferred from one person to another through blood-to-blood contact. This happens when infected blood from one person gets into another person's body. There are a couple other modes of transmission, but they include understanding other systems in the body, so you will learn about those in middle school and high school.

Slide #4- One very serious communicable disease is HIV. HIV stands for Human Immunodeficiency Virus.

Slide #5- It's important to know that even though it's serious, it is a very rare illness. It usually affects adults because adults work in environments that have sharp objects, like needles in medical and dental offices. Once HIV is inside the body, that virus will be present in the body for the rest of that person's life. There's no cure for it. And there's no immunizations or vaccines to prevent it.

Slide #6- HIV is one of the communicable diseases that is transferred from blood-to-blood contact. This means that to get HIV, you need to be in contact with someone's blood who has the virus, and that infected blood would need to get into your body. An example of this would be getting poked by a needle that was used for a person who has HIV.

Slide #7- You cannot get HIV through saliva, mucous, like snot, or droplets from coughing or sneezing. You cannot get it through contact such as shaking hands or hugging. You cannot get HIV through sharing

bathrooms, drinking fountains, or eating utensils. And as the name states, "Human" Immunodeficiency Virus, it needs to have a human host, so it does not get passed on through insect bites, like mosquitoes.

Slide #8- Once HIV is in the body, it slowly starts destroying the immune system. For some people, after many years, HIV can progress to something called AIDS.

Slide #9- AIDS stands for Acquired Immune Deficiency Syndrome.

Slide #10- This happens when the immune system is so weak from the HIV virus, that the person can no longer fight off simple infections like colds and the flu. Without medications to help the immune system, they could get very sick, and they could even die.

Slide #11- The good news is that thanks to advanced medical studies, there are medications and specialty trained doctors to help these individuals live long and healthy lives.

Slide #12- Medical professionals like doctors, nurses, and dentists protect themselves and their patients by using equipment like gloves, gowns, and masks whenever they may come into contact with blood or other bodily fluids. They protect their patients by using new needles whenever poking someone's finger or giving a shot. You may also notice, like at the dentist office, that metal instruments come in sealed, plastic packages. This is because the instruments are cleaned and sterilized between patients to avoid passing bacteria and germs from one person to the next.

There are also specially designed containers that are hard plastic and designed to protect people from accidental needle pokes called "Sharps" containers. These are often put in public bathrooms, for people who need lifesaving medications that come in the form of injections or shots. You may have seen another special container at the doctor's office called a "biohazard waste" bin. These are special garbage cans that are used for the disposal of waste that may be contaminated with pathogens (or germs) that present a danger to people or the environment.

Slide #13- There are a few things you can do to protect yourself from viruses. Washing your hands and using hand sanitizer is very important. Especially after using the bathroom and before eating. Avoid putting your hands in your mouth or around your eyes and nose. Avoid touching anyone else's blood or any objects that come in contact with someone else's blood, such as needles and razors. And notify an adult right away if you see blood or other bodily fluids that need cleaned up.

Slide #14- Another important thing to remember is, if you ever meet someone with a communicable disease, such as HIV, treat them the way you want to be treated. Although they have a health condition, they are normal people just like you and me. You can still be friends with them and support them when they need it.

Slide #15- Thank you for having me visit today to talk to you about communicable diseases and ways to protect yourself. I can answer some of your questions now, but I encourage you to talk to a parent or trusted adult at home if you have more.