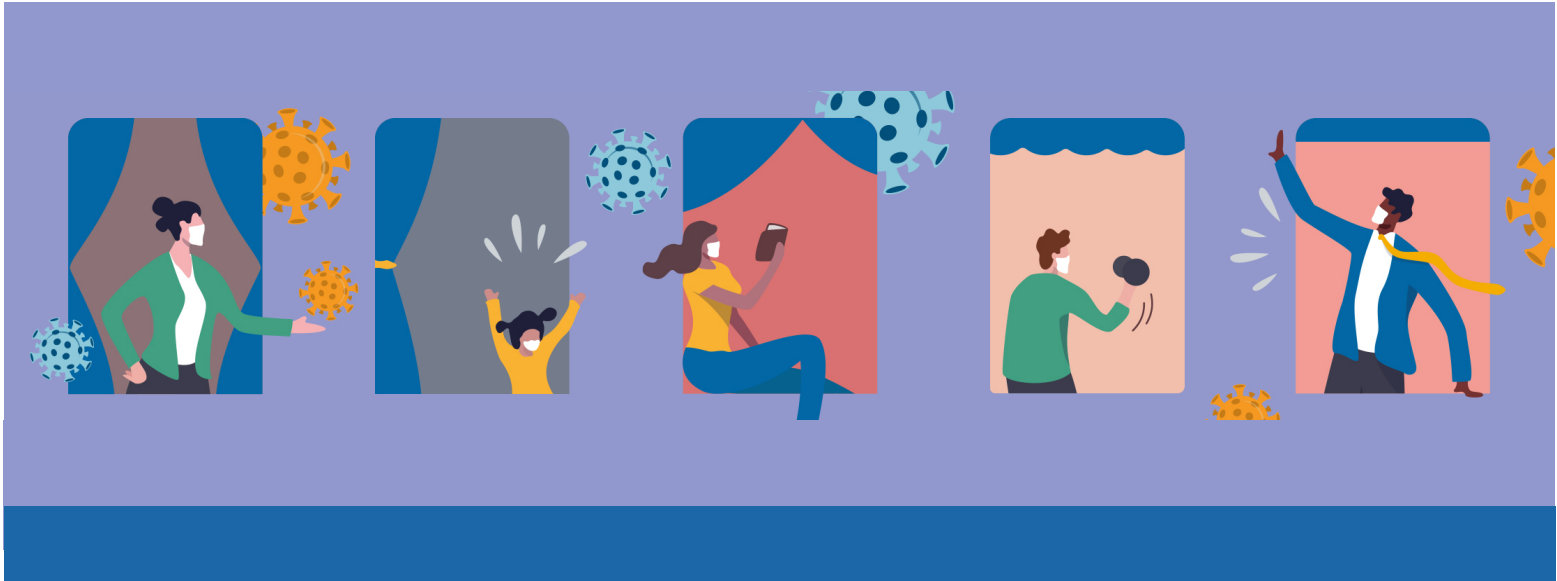
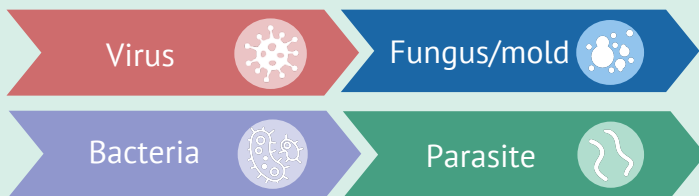


# INFECTION PREVENTION



## WHAT CAUSES INFECTIONS?

Germs cause infections! Germs, in general, are microscopic creatures that cause infection. Some germs can't live on their own and have to find a host in order to survive. Others find their host by accident and decide to stick around because humans make such a great home. Here are some types of germs:



Viruses are the main cause of infection in human. Parasites, while more rare also almost all cause illness. On the other hand, there are many types of fungi and bacteria that are safe, even beneficial, to humans!

## HOW DO GERMS SPREAD?

Germs can spread in all sorts of different ways. Lots of times, they are spread person to person but sometimes they can come from food, animals or the environment. There are direct and indirect ways that germs can be spread.

Direct	Indirect
<ul style="list-style-type: none"> <li> mom to baby</li> <li> food/water</li> <li> body fluids</li> <li> animals</li> </ul>	<ul style="list-style-type: none"> <li> surfaces</li> <li> air or aerosols</li> <li> animal carriers (mosquitos, ticks, etc.)</li> </ul>

## WAYS TO PREVENT INFECTION

### BARRIERS

Physical barriers like masks and condoms are an effective way to protect others or yourself from germs. Barriers are called personal protective equipment (PPE).

### SPACE

The likelihood of picking up germs from someone else is less when there is more space between you.

### VACCINES

Vaccines have been a very effective way of stopping infections like smallpox and polio in the past. They continue to protect us from other infections.

### LIMIT CONTACTS

The fewer people you are in contact with, the less chance you have of picking up germs from your contacts.

### HYGIENE

Making sure your hands are washed, surfaces are wiped off and any drug paraphernalia you use is new are all part of good hygiene that will help prevent infections.

# GERM PROFILES

## HIV

Type:	<b>VIRUS</b>	
Spread:	<b>BODY FLUIDS</b>	Blood, sexual fluids and breastmilk.
Target:	<b>IMMUNE SYSTEM</b>	
Vaccine Available:	<b>NO</b>	
Treatment:	<b>YES</b>	Treatment (antiretrovirals) need to be taken every day. No cure.

**PROTECTION OPTIONS:** Use a condom, don't share any object that pierces the skin, get tested so that you know if you could pass it on to your baby.

## Chlamydia and Gonorrhea

Type:	<b>BACTERIA</b>	
Spread:	<b>SEXUAL CONTACT</b>	Unprotected sexual contact of any type can spread these.
Target:	<b>GENITALS</b>	In some cases, the throat may also be affected.
Vaccine Available:	<b>NO</b>	
Treatment:	<b>YES</b>	A couple weeks of antibiotics can cure these.

**PROTECTION OPTIONS:** Use a condom or dental dam, make sure you talk with your partner about their most recent STI test (you have a right to know!)

## Hepatitis C

Type:	<b>VIRUS</b>	
Spread:	<b>BODY FLUIDS</b>	Blood and sexual fluids.
Target:	<b>LIVER</b>	
Vaccine Available:	<b>NO</b>	Vaccines exists for Hep C's cousins, Hep A and Hep B.
Treatment:	<b>YES</b>	Treatment (antivirals) taken every day for 3 months.

**PROTECTION OPTIONS:** Use a condom, don't share any object that pierces the skin, don't share any hygiene items that may have blood on them (ex. razors).

## Influenza

Type:	<b>VIRUS</b>	
Spread:	<b>BODY FLUIDS</b>	Small droplets of saliva or snot created by sneezing or coughing.
Target:	<b>LUNGS</b>	
Vaccine Available:	<b>YES</b>	
Treatment:	<b>YES</b>	Antivirals can be taken but there is no specific treatment.

**PROTECTION OPTIONS:** Get vaccinated, wash your hands, don't touch your eyes/mouth/nose.

## Syphilis

Type:	<b>BACTERIA</b>	
Spread:	<b>SEXUAL CONTACT</b>	Contact with syphilis sores or pregnancy can spread it.
Target:	<b>MAJOR ORGANS</b>	In late stage syphilis, major organs like the eyes, heart and brain are attacked.
Vaccine Available:	<b>NO</b>	
Treatment:	<b>YES</b>	Antibiotics, usually given as an injection, can cure it.

**PROTECTION OPTIONS:** Use a condom, ask your partner about their most recent STI test (you have a right to know!)

## COVID19

Type:	<b>VIRUS</b>	
Spread:	<b>BODY FLUIDS</b>	Small droplets of saliva or snot created by sneezing or coughing.
Target:	<b>LUNGS</b>	
Vaccine Available:	<b>YES</b>	It is not yet available to anyone who wants it.
Treatment:	<b>NO</b>	

**PROTECTION OPTIONS:** Wear a mask, stay home, stay 2m apart from people outside your household, wash your hands, don't touch your eyes/mouth/nose.

## SPOTLIGHT ON VACCINES

Vaccines have been around for over 100 years! Vaccines protect us from deadly diseases by getting our immune system ready to fight it. In video games, we have to fight smaller, weaker enemies before we battle the final, toughest boss. Vaccines work the same way; we learn how to fight weak or partial viruses through the vaccine before we encounter the virus for real.

Vaccines don't contain anything that isn't necessary. Vaccines contain the immune system trigger, salts, lipids, sugars and maybe acids. All of this help the trigger get where it needs to go and to stay stable while it travels there.



Vaccines are safe. There may some mild side effects due to the needle poke (soreness) or the immune system jolting into action (a fever or tiredness). The side effects are always significantly better than getting the illness itself.



It is good to think critically and do your research before receiving any medical treatment. Be aware that there is biased and incorrect information on the internet. Use ONLY trusted sources for information on vaccines.



# Valentine's Day Sudoku

## Level 1: Love

Every row, column and square of 4 must have one of each of the letters L, O, V and E

		E	
L			
O			E
	V		

## Level 2 – Answers

Fold the page in half or cover up the top half of the page while you work on Level 2

S	O	R	D	B	L	V	I	E
I	D	L	E	R	V	B	S	O
B	E	V	O	S	I	R	D	L
R	S	B	I	V	O	E	L	D
L	I	D	R	E	B	O	V	S
O	V	E	S	L	D	I	B	R
D	L	O	V	I	R	S	E	B
V	B	S	L	O	E	D	R	I
E	R	I	B	D	S	L	O	V

## Level 2: Lovebirds

Every row, column and square of 4 must have one of each of the letters L, O, V, E, B, I, R, D, and S

		R		B		V		
	D	L	E		V	B	S	
			O		I			
R		B		V		E		D
		D		E		O		
O		E		L		I		R
			V		R			
	B	S	L		E	D	R	
		I		D		L		

## Sudoku Hints

- 1) Look for the obvious – are there places with only one or two choices?
- 2) Target with the row/box/column that has the most filled in already
- 3) If there is more than one option for a spot, write both in temporarily until you know which letter it is for sure
- 4) Run through the letter options in the same order each time (ie. L then O then V then E) to make sure you don't miss any

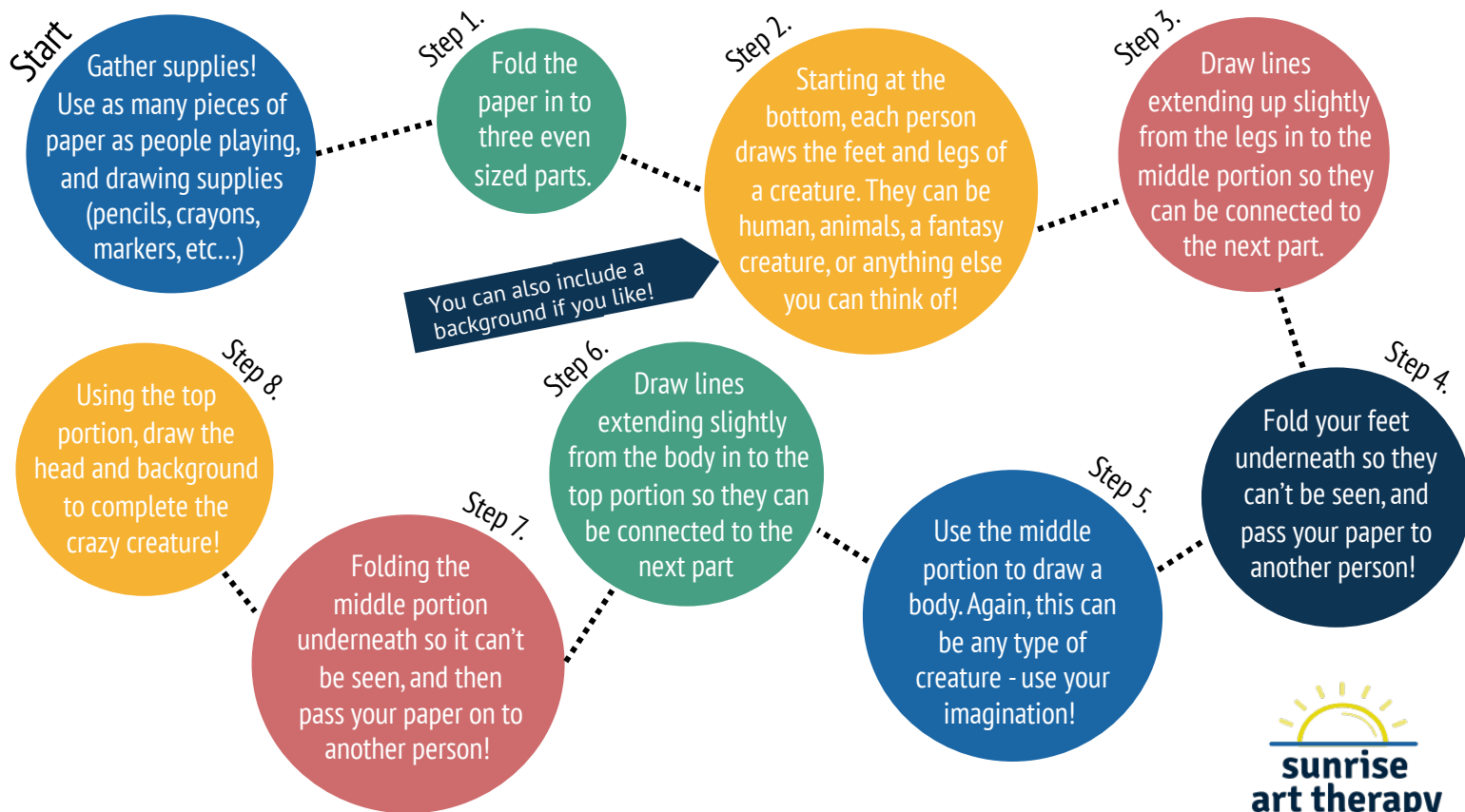
## Level 1: Answers

Fold the page in half or cover up the top half of the page while you work on Level 1

V	O	E	L
L	E	O	V
O	L	V	E
E	V	L	O

# CRAZY CREATURES

One of the favourite activities of legendary artist Frieda Kahlo, Crazy Creatures is a fun game that the whole family can play together! It is easy to play with supplies that you likely already have around your home. The end result is often hilarious!



Unfold, and see the creature that you worked on together! This activity is great for working on delayed gratification (waiting to see the end result) and connecting with each other.

## SELF-CARE ACTIVITIES FOR COLD DAYS

- Build a fort and watch a movie in it
- Do a home work out, yoga or meditation off YouTube
- Cook your favourite meal with your family
- Wash all the blankets in your house and curl up in them when they're fresh out of the dryer
- Let your kids pick a game and play it with them
- Call up or video chat with a friend or family member



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