



How to use Germ Defence: A Guide for Schools

What is Germ Defence?

- Germ Defence is a short, easy-to-use website. It gives **evidence-based scientific advice** to help school staff, students and parents protect themselves and others from Coronavirus and other viruses like the flu.
- It is free to use and can be accessed from here: <http://schools.germdefence.org/>
- This link can be shared with anyone who might find Germ Defence helpful.

How can it help?

- Germ Defence can support some of the extra work school staff are having to do to keep schools safe.
- Germ Defence gives easy-to-understand information and advice about simple things we can all do to stay safe from Coronavirus at school and at home, including:



Handwashing



Wearing face coverings



Social distancing



Keeping the space around us safe
(e.g., cleaning and ventilation)

- It gives useful tips about ways to make these things feel easier and more manageable.
- It helps users to make sustainable plans by asking questions on current behaviours and what more we can each do to protect ourselves and others.
- It explains how we can all 'do our bit' to help protect each other, and how important this is even if we feel the risk to ourselves is low.

How can we use it in school?

A simple thing everyone can do is to share this link with others in the school community:

<http://schools.germdefence.org/>. For example:

- **With school staff:** Germ Defence can be shared in staff briefings and meetings, and with the health and safety staff.
- **With students:** as a resource during PSHE lessons, tutor periods, virtual assemblies, science lessons, class-based activities (see ideas in table below) or homework tasks.
- **With parents:** via school newsletters, emails, school's website, social media pages etc.

The more people who use Germ Defence, the more people we can help to protect themselves and each other.

Ideas for using Germ Defence in school

Germ Defence is flexible – the contents are divided into manageable sections. Teachers can choose which sections to focus on first, and key information is summarised on the first page of each section. Additionally, simple plans can be completed (by individuals or as a class effort) to try and support putting changes into practice. Summary documents of the key points can also be saved and printed out to display on noticeboards as accessible reminders.

Here are some specific ideas about the ways in which Germ Defence could be used in school. These ideas are based on suggestions from members of school staff:

<u>Primary Schools</u>	<u>Secondary Schools</u>
<p>Learning about handwashing and making it more fun. Here are some suggestions:</p> <ul style="list-style-type: none">• Sing songs which last for a least 20 seconds – you could try this video• Making a class-based reward system for the number of times hands are washed – e.g., reward the class with ClassDojo points.• Lead by example – show children how and when to wash their hands by doing it with them <p><u>Remember:</u> Use hand gel with infants – for children who are too young to wash their hands, try applying hand gel to their hands as often as possible.</p>	<p>Asking students to create their own news broadcast on the importance of either handwashing, social distancing, face coverings or keeping the space around them safe – you could start by showing your students this video.</p>
<p>Learning how to effectively wash your hands. This video shows someone washing their hands under ultraviolet light to see the difference between washing hands for 5, 10 and 20 seconds.</p>	
<p>Designing posters to raise awareness of the importance of social distancing or a similar topic following the knowledge gained from using Germ Defence.</p>	<p>Using animation websites like Scratch or Animaker to design an animation about viral load or a similar topic following the knowledge gained from using Germ Defence.</p>
<p>Incorporating learning about length, specifically what 2 metres looks like, into maths lessons.</p>	<p>To further learning about viral load in science lessons.</p>

Top Tips for school staff:

- **Keep classrooms well ventilated.** Having the windows and doors open lets fresh air come in and viruses go out of your classroom. This means that less virus collects in the air around you and your students. This is even more important when there are several people in a room together.
- **Regularly remind your students to frequently clean their hands and keep their distance from others** – frequently signpost them to Germ Defence to remind them about the key things we can all do.
- **Keep safe, but comfortable.** With windows and doors open for fresh air and students having to stay in one place for longer than usual, it can be harder for everyone to stay comfortable, especially in the winter. There are a couple of simple things that might help:
 - It might be a good idea to remind your students to bring some extra layers into school. Make sure you are able to keep yourself warm too!
 - If you and/or your students are staying in the classroom sitting down for long periods of time, **it might be helpful to try some gentle movements** with your class that don't require them to move from their desk. For example:

<u>Primary Schools</u>	<u>Secondary Schools</u>
<ul style="list-style-type: none">• Sign-up to 'gonoodle' and use their free movement videos with your students.• Ask students to stand up instead of raising their hand when they have something to say.	<ul style="list-style-type: none">• While seated in your chair, try sitting up with a straight back for 5 seconds and then relaxing your back into a slouching position for 5 seconds, repeat 3 times.• While seated in your chair, shrug your shoulders up and down gently, then rotate them forwards for 5 seconds and then backwards for 5 seconds.• Whilst keeping your feet underneath your desk, try rotating your ankles (both at the same time) in a clockwise direction for 5 seconds, and then anticlockwise for 5 seconds.• Whilst keeping your elbows on your desk, try rotating your wrists (both at the same time) in a clockwise direction for 5 seconds, and then anticlockwise for 5 seconds.

