

**PICNet**

PROVINCIAL INFECTION CONTROL  
NETWORK OF BRITISH COLUMBIA

A program of the Provincial Health Services Authority



## Infection Control Week In-A-Box

**LET'S GO VIRAL!**

Game Instructions and  
Question/Answer Key

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# About this kit

This kit was developed by PICNet as an education tool for residential care facilities, but it applies equally to acute care settings... just substitute the word "patient" for "resident."

## Resources and Links

There is a demo video of this game at <http://s.picnet.ca/letsgoviral>. We recommend that you watch the video to see the game in action.

There are more downloadable infection control resources (posters, brochures, one-pagers, games, etc.) at <http://s.picnet.ca/icresources>.

## Contact Us

If you have any questions about the game or the discussion points, you can contact:

Helen Evans  
Communications Coordinator  
Provincial Infection Control Network of BC (PICNet)  
Tel: 604-875-4844 x 22984  
Email: [helen.evans@phsa.ca](mailto:helen.evans@phsa.ca)

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ISBN 978-0-9920638-0-1

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The game cards are also downloadable from <http://s.picnet.ca/letsgoviral>.

## Q14 Myths and Facts

Place the following statements under the correct heading.

### Answers:

Fact	Myth
For most germs, ABHR is as good as soap and water.	Using ABHR too much builds resistance in germs.
	Antibacterial soap is better than regular soap.

**Scoring:** 1 point for getting all correct.

### Teaching points:

Germs **do not** become resistant to ABHR. They can, however, become resistant to antibiotics.

Antibacterial soap is unnecessary. The purpose of soap is to remove the germs from your hands, and then you wash them down the drain. The problem with antibacterial soap is that it usually contains an ingredient that has been shown to be harmful to the environment.

ABHR kills 99% of germs. Soap and water is preferred if the patient or resident has infectious diarrhea, but if a hand cleaning sink is not within reach, it is best to clean with ABHR first, and then use soap and water when available.

## Tie-Breaker Question

In case you have an equal score for the teams, you can have a tie-breaker question. Each team can guess... and the one that is closest wins!

**Q: How long can the common cold germ survive on surfaces such as formica, stainless steel, and varnished wood?**

**A: Up to 3 hours.**

*Or you can create a tie-breaker question of your own.*



## Germ CSI

Q13

Each person gets a post-it note (unless teams have an unequal number of people, in which case 2 people will have to share a post-it).

**Option 1:** They have to place them around the room on what they think the germiest surfaces would be.

**Option 2:** They write the name of objects anywhere in the facility on the post-its and place the post-its on the board, under their team's heading.

### Answers/Scoring

One point is given for any commonly touched surface.

Two points go to any of the following:

• Keyboard/mouse	• Pen	• Bed rail
• Phone	• Door entry keypad	• Remote control
• Door handle	• Game buzzers	• Bottom of handbag
• Back of chair	• Light switch	

If they thought of one that's not on this list but is likely very contaminated, you can award extra points.

### Teaching points:

- Throughout our day, we encounter so many objects that are touched by multiple people... often... but seldom or never get cleaned! When was the last time you cleaned your front door handle at home?
- It's important to think about this as you touch items such as elevator buttons, door handles, and shared computers... so that you know to clean your hands afterwards! It's also a good idea to clean these items with a disinfectant wipe when you get the chance.
- Items that are only touched by **you** (such as cell phones) won't have as many germs as shared surfaces, but because we usually touch other objects beforehand, germs still get spread to them.
- The amount of time a germ can stay alive on a surface depends on the specific germ and the specific surface. The common cold virus can live for several hours on some surfaces, while *C.difficile* bacteria can live for months!

# Infection Control Week In-A-Box

## Your kit contains:

- IC Week "Let's Go Viral" Game
  - question and answer booklet
  - buzzers (with batteries and screwdriver)
  - scoring sheet
  - game cards
  - stickers and post-it notes
- Bug antennae
- Infection Control Week poster
- PICNet brochures
- List of suggested prize items
- Links to information and resources

## What you will need to provide:

- Prizes
- Whiteboard or other way of putting game cards up
- PPE (for game question)

...more details about these on the following page.

## Timeline

2-4 weeks before	• Read through the game questions to familiarize yourself with them. • Watch the demo video. • If you have questions about any of the teaching points, or about other infection control issues, contact PICNet.
2-3 weeks before	Buy prizes
1-3 weeks before	Recruit an assistant who can help you run the game (they should watch the video too).
1-2 weeks before	You and assistant have a 'dry run' of the game.
1-2 weeks before	Put up IC Week posters
1 week before	Schedule your staff to come to the sessions
1-2 days before	Send out / put up reminders

These are suggestions, of course... you can do what works best for your schedule!

# What you need to provide

## 1. Prizes

Prizes really are important... it's amazing how much people's competitive spirit comes out when there's swag at stake! Plus, it's good to have people walk away with some infection control reminders.

We recommend having a minimum of one prize per staff member who attends, and some additional larger prizes for everyone on the winning teams. So if you have 50 staff, it would be good to have at least 75 items in total (and a few spares are always good.) You can have more of course; you could have two prizes for each person, and then an additional prize for each person on a winning team.

### Suggestions for prizes:

- Small hand sanitizers
- Hand sanitizer belt clips
- Pens
- Water bottles
- Commuter mugs
- Key chains
- Purse-size hand lotion
- Fabric bags

Infection control-themed prizes are good, but you can also have some 'fun' things – you know your staff best!

## 2. Some way of putting the game cards up

You can use a white board, flip charts, a large bulletin board, or even a wall.

- For a white board, there are stickers included to stick the game cards to the board.
- For a bulletin board, you'll need about 20 pins.
- For other surfaces, you can use masking tape or scotch tape, whichever won't damage the surface.

## 3. PPE (for the game question)

- Boxes of gloves (at least 2 different sizes)
- Masks
- Gowns (you only need 2 gowns as you can re-use them)
- Eye protection
- 2 bottles of hand sanitizer

## 4. Camera (optional)

If you can, take some photos of your event! We'd love to see them.

Q12

**If you get a resident's blood or urine in your eyes, what should you do?**

### Answers in the correct order:

1. Flush with water
2. Report to supervisor
3. Decide whether you need medical attention
4. Fill out incident report

**Scoring:** one point for getting all in the correct order.

### Teaching points:

#### Reporting

- You must report such an incident to Employee Health (or if you don't have an Employee Health department, then your supervisor or Director of Care). They will then forward the information on to WorkSafeBC.
- If you develop an infection from this incident and didn't report it, then you won't be covered by WorkSafeBC.

#### Medical attention

- If you are splashed in the eye with urine, you can see your GP about this; you don't need to go to Emergency.
- You are only at risk for hepatitis or HIV if you have **significant** exposure, i.e. if your skin has been punctured with a dirty needle. In this case, you must go to Emergency, and they will decide whether you need antiretroviral drugs.

Make sure your Hepatitis B and tetanus shots are up to date!



## What are the two most important times for a resident to clean their hands?

### Answer:

- After using the bathroom
- Before they eat

**Scoring:** 1 point for getting both correct.

### Teaching points:

#### Bathroom

- Residents using a **commode or bedpan** often don't have the opportunity to clean their hands afterwards. It is important that you provide them with this opportunity, and/or help them to clean their hands.

#### Before eating

- Infections usually get into us via our hands: we touch a shared surface that has germs on it, and then we touch our mouth, nose, or eyes, or we eat before properly cleaning our hands. Because we touch so many shared surfaces, it's important to clean hands **immediately before eating**. You should also encourage or help your residents to do this.

# Game Instructions

## 1. Preparation

### Teaching Moments

- This QA booklet gives an overview of each of the teaching points. It's worth taking the time to contemplate each of them in advance of the workshop so that you're prepared for any questions that may come up from your staff. You can contact PICNet if you need clarification on any infection control issues.

### Run-Through

- We suggest doing a 'dry run' of the game with your game assistant so that they know how to set up the Board and Activity questions.

### Timing

- The game takes about 45 minutes to 1 hour to run, so if you need a shorter session time, you'll need to omit some of the questions or teaching points. The easiest way to do this is to place post-it notes over the questions/points you're going to skip. Also, you may wish to skip some questions based on the knowledge level of your staff, and whether you want to cover the basics or have a more advanced session.

## 2. Room Set-up

- The game works best with about 8-14 staff members per session.
- Seat your staff around a table, with buzzers in reach of everyone. (If there isn't room to have everyone around a table, you can seat them in two groups and have people raise hands instead of hit buzzers, for the buzzer questions.)
- Your white board or flip charts should be at the front of the room (or wherever you'll be standing), and you'll need a bit of extra space for staff to come up to the board.
- You can have your prizes on display on a side table; or if there isn't room you can keep them in a box.
- You'll also want an assistant to keep score, and to set up each of the Board questions.

### 3. Game Set-up

- You and your assistant should have gone through the questions beforehand to make sure you understand them, and the teaching points each question brings up. (It's best if you both watch the PICNet demo video.)
- Have the game cards sorted into piles, by question, so that they're all ready to go. You can prep the whiteboard with the first Board question setup (heading cards on the board, lines drawn).
- Have one copy of the Scoring Sheet for each game session running.
- Don't forget to put your bug antennae on! Having people smile when they walk into the room sets the stage for an engaging workshop... people get the idea that this is going to be fun!

### 4. The Game

Once the staff are seated, divide them into two teams, A and B. For each question, the winning team gets the point(s); there are some questions where both teams can get the point. Have your assistant track the points on the scoring sheet.

For **Buzzer** questions, the first person to hit the buzzer gets to try for the point. If they get the answer wrong, the other team can try for the point.

For the **Board** questions, one person from each team is nominated to come up to the board. Teammates can help each other; the people still seated can call out answers to the person at the board. Each team can get a point if they get the answer right.

For the **Activity** questions, the team that does the activity correctly/best gets the point.

- For the PPE demo, teammates can help each other by getting up and helping the person put on their PPE.

### 5. Prizes

Add up the points and announce the winning team. Everyone should get a prize, but the winning team gets either larger prizes, or an additional prize.

### 6. Photos

Don't forget to take photos of your event – we'd love for you to share them with us!

## Q10 Match the infection to the type of precaution you should use.

### Answers:

Contact	Droplet	Airborne
C.difficile MRSA Norovirus Shingles	Common cold Influenza	Tuberculosis Chicken pox Measles

**Scoring:** 1 point for getting all correct.

### Teaching points:

- Because *C. difficile*, MRSA, Norovirus, and shingles are infections transmitted by **contact**, only gloves and gowns are necessary.
- Masks and eyewear are used for **droplet**-transmitted infections such as colds and the flu.
- It is unlikely you will see airborne infections in residential care but it is still important to know the precautions for these.
- Chicken pox and shingles are caused by the same virus, but only chicken pox is airborne because if the person gets lesions in their throat, they can spread the germs by coughing.
  - People who have previously had chicken pox can get shingles from the virus that is already in their body. However, there is now a shingles vaccine.
  - If you have never had chicken pox, you can get this infection from someone who has chicken pox **or** shingles. However, there is a chicken pox vaccine.
  - Remember: you can only be infected by someone with shingles if you've never had chicken pox or the vaccine.



## What are three ways to prevent passing on the flu to your residents?

### Answers:

- Get your flu shot
- Cover your cough
- Stay home when you're sick

**Scoring:** 3 points. Whoever buzzes first gets to try for **one** answer; then the next try goes to the other team, and the third try to the first team (they don't continue to buzz for each attempt).

### Teaching points:

#### Flu shot

- Influenza vaccinations are provided for free by your employer. You cannot get sick from the flu vaccine, as the vaccine contains a dead form of the virus. If you feel tired or unwell afterwards, this usually means that the vaccine is working: your body is busy figuring out how to produce the right antibodies to fight that strain of the flu.
- Getting the flu vaccine also protects your family; if you're not sick, you can't pass the flu on to them.
- Because flu vaccines aren't as effective in the elderly, it's important that staff working with the elderly are vaccinated.

#### Cover your cough

- If you properly cover your cough or sneeze, then the germs won't land on another person, or on a surface that other people will touch.

#### Stay home when you're sick

- It can be hard to stay home sick when we know we're leaving our colleagues short-handed... however, this is better than coming in and getting your colleagues and residents sick!

# Scoring Sheet

(photocopy this page for each game session)

Question	Team A	Team B
Question 1		
Question 2a		
Question 2b		
Question 3		
Question 4		
Question 5		
Question 6		
Question 7		
Question 8		
Question 9		
Question 10		
Question 11		
Question 12		
Question 13		
Question 14		
TOTAL		

# Game Questions

The types of questions are indicated by the following icons:

Buzzer



Board



Activity



Get your teams ready with their hands near a buzzer... and begin the game!



**What is the single most effective way of preventing the transmission of infection?**

**Answer: Hand cleaning**

**Scoring:** 1 point

**Teaching point:**

Germs travel on our hands, from resident to staff to another resident. Germs also spread via commonly touched surfaces such as door handles, keyboards, telephones, and elevator buttons. Because so many people are touching these surfaces so often, you need to clean your hands regularly, either with alcohol-based hand rub (ABHR) or soap and water.



**How do infections such as colds, flu, and norovirus get in to residential care facilities?**

**Answer:**

Staff, volunteers and visitors bring them in.

**Scoring:** 1 point

**Teaching point:**

- This is why you should stay home when you're sick: to avoid bringing infections in.
- Visitors and volunteers should also be encouraged to stay away when sick.
- Because people can spread germs for up to 24 hours before showing symptoms of cold or flu, everyone should practice good hand hygiene and respiratory etiquette (such as coughing into your elbow rather than hands) all the time!



**Match the PPE to the type of transmission.**

**Answers:**

Contact	Droplet	Airborne
hand hygiene gloves gown	hand hygiene gloves gown mask eye protection	hand hygiene N95 respirator

**Scoring:** 1 point for getting all correct.

**Teaching points:**

- Masks and eye protection are only necessary if a resident is coughing or sneezing.
- If no droplets are being sprayed, then gloves and gown are enough.
- The exception to this is airborne infections such as TB. You are unlikely to see this in residential care, and the resident would be transferred to acute care, but you still need to know what precautions to use until they are transferred.



## Put on the PPE in the correct order: gloves, gown, mask, eye protection.

Also have two bottles of hand sanitizer available on the table where the PPE is.

Teammates can help each other!

### Answers

PPE must be put on and taken off in the following order:

Donning	Doffing
Clean hands with sanitizer	Gloves
Gown	Gown
Mask	Clean your hands
Eye protection	Eyewear
Gloves	Mask (by the ties)
	Clean hands again

**Scoring:** 1 point for donning and doffing all PPE in the correct order.

### Teaching points:

Donning	Doffing
<ul style="list-style-type: none"> <li>• Eyewear must go over mask, or the mask won't form a proper seal.</li> <li>• Gloves go over the cuffs of the gown to prevent fluids from getting under the cuffs.</li> </ul>	<ul style="list-style-type: none"> <li>• Gloves are removed first as they are dirtiest.</li> <li>• Then you clean your hands, because you don't want to touch your face with contaminated hands!</li> <li>• Clean your hands again after removing the mask and eye protection, as these can re-contaminate your hands.</li> </ul>



## Which is the fastest way to clean your hands, alcohol-based hand rub (ABHR) or soap and water?

**Answer:** ABHR

**Scoring:** 1 point

### Bonus point: when should you not use ABHR?

**A:** When hands are visibly dirty

### Teaching points:

- ABHR is readily available, easier to get to than a hand cleaning sink, only takes 15 seconds to clean your hands, and kills 99% of germs on contact.
- ABHR does not remove dirt, however, and it is less effective if there is organic material on your hands; so if hands are visibly soiled you should use soap and water.
- There has been controversy in the news that ABHR is not effective against norovirus. While it is not as effective against norovirus, it kills about 90% of the germs.
- The one germ that is resistant to ABHR is *C.difficile*. For a resident with infectious diarrhea, soap and water is preferred, but if you are not near a hand cleaning sink, use ABHR and then wash your hands with soap and water when you get to a sink.



## Cover your cough demonstration

One person from each team comes up to the front to demonstrate their cough technique; the best one wins a point for their team.

### Answers:

- People must cough into their elbow **not** their hand
- They must **fully** cover their cough
- They should turn **away** from the other person

**Scoring:** 1 point

### Teaching points:

- Coughing into your hand is a bad idea, as you will then touch objects with your hand, spreading the germs even further.
- When you cough into your elbow, make sure you completely cover your cough - it doesn't work if your elbow is several inches from your face!
- And if you can, also turn away from people, so that if any spray isn't covered, at least it isn't going into people's faces.



## Should hand cleaning be performed before or after glove use?

**Answer: Both (trick question!)**

**Scoring:** 1 point

### Teaching points:

- All gloves have micropores, and germs can get through. If your hands are dirty before you put the gloves on, germs can make their way to the outside of the gloves. And the reverse is true... even though you are wearing gloves, germs can still get in. So you must clean your hands **before and after** using gloves.
- Why do we wear gloves, then? They are really for "ick factor", such as when you're changing a diaper or helping someone to use a bedpan.
- You must remove your gloves immediately after using; otherwise you'll spread germs if you touch another surface with dirty gloves.



## Which of the following are good infection control practices and which are not?

### Answers:

Good	Bad	Either/Both
ABHR Hand lotion Gloves	Rings Artificial nails Nail polish Wrist watch	Bandaid

**Scoring:** 1 point for getting all correct, with the exception of bandaid; this answer doesn't count either for or against.

### Teaching points:

- ABHR is good for cleaning hands: it is fast and effective.
- Gloves are good BUT must be used in conjunction with hand cleaning, and must be removed after the procedure is completed. They should not be worn around the facility.
- Hand lotion keeps your skin healthy, and less prone to chapping or dermatitis.
- Wrist watches, rings, artificial nails and nail polish interfere with proper hand cleaning and can trap germs.
- If you have a cut on your finger you must cover it with a bandaid; however, make sure you change the bandaid regularly.

