

# The New Back-to-School Basics: COVID-19 Hygiene Education for Elementary Students

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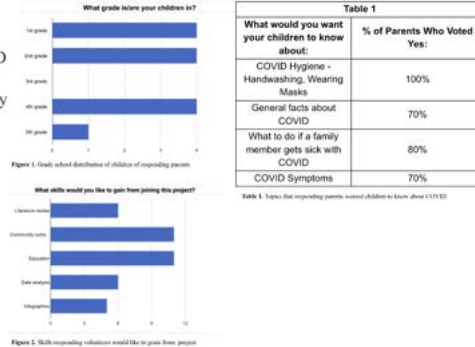
## BACKGROUND

- Objective:**
  - Educate elementary school children health and safety precautions
- Context:**
  - Children returning to school during pandemic
  - Education mostly geared to adults
  - Prepare for new normal
    - Promote hygiene with peers<sup>1</sup>
    - Address mental health changes<sup>2</sup>
    - Maintain physical health despite environmental change
- Setting:**
  - 1st - 5th grade children at Raindrop Foundation San Antonio, Texas



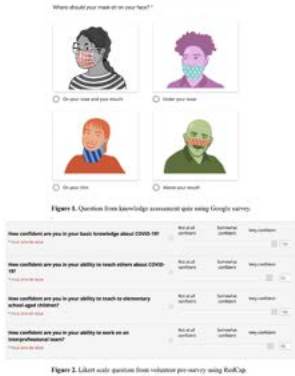
## RESULTS

- Parents**
  - 6 out of 10 responses
  - Challenges faced since COVID
    - Stress and anxiety
    - Decreased physical activity
    - Wanting COVID to pass
  - Topics to be discussed
- Volunteers**
  - 7 responses
  - Teaching experience
  - COVID knowledge
  - Goals of volunteering

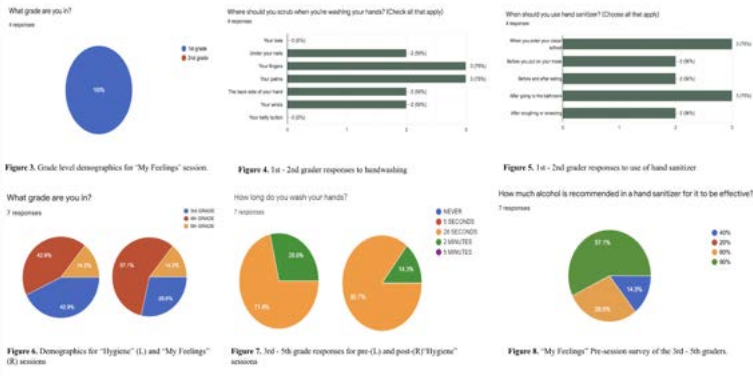


## METHODS

- Virtual sessions**
  - 20 minutes long, once a month
  - 3 sessions
    - Hygiene
    - Coping mechanisms
    - Physical activity
- Electronic surveys**
  - Quantitative (pre and post knowledge assessment quizzes)
  - Qualitative (free text, drawings)
  - Parent and Volunteer surveys



## RESULTS



## CONCLUSIONS

- Sessions**
  - The project is still ongoing.
    - Good fund of basic COVID-19 hygiene knowledge.
    - Parental concern about sadness and boredom.
    - Parental concern about decreased activity.
- Challenges:**
  - Virtual format less engaging
  - Limited class participation
  - Limited class time
- Future goals:**
  - Implement more effective methods of virtual education.
  - Brief training for parents
  - Expand virtual COVID-19 training with sister locations of the Raindrop Foundation.

## CONTACT INFORMATION

**Collaborators:**  
Raindrop Foundation  
Sumeysra Tek

**Medical Student Leaders:**  
Sophia Desrosiers  
Scott Anderson  
Matthew Kannenberg  
Frank Jing

**Nursing Student Leaders:**  
Marisa Williams  
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**Student Volunteers:**  
Omar Malik  
Sameed Aijaz  
Flavia Fernandes  
Hira Malik

**UT Health Faculty and Residents:**  
Dr. Fozia Ali  
Dr. Esther Shin  
Dr. Fehima Dawy

**Community Ambassadors:**  
Sabeen Abdullah  
Zainab Naeem



Sophia Desrosiers, MS4 Student Leader



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1. Curtis, V. A., Danquah, L. O., & Aunger, R. V. (2009, March 13). *Planned, Motivated and Habitual Hygiene Behaviour: An Eleven Country Review*. <https://academic.oup.com/her/article/24/4/655/569523>.

2. Imran, N., Aamer, I., Sharif, M., Bodla, Z., & Naveed, S. (2020, August). *Psychological Burden*

*of Quarantine in Children and Adolescents: A Rapid Systematic Review and Proposed Solutions*. US National Library of Medicine National Institutes of Health. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7372688/pdf/PJMS-36-1106.pdf>.

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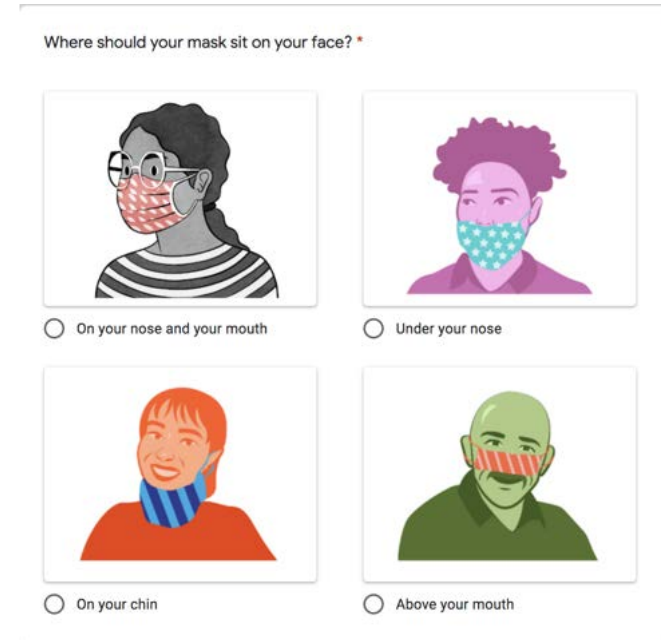


Figure 1. Question from knowledge assessment quiz using Google survey.

How confident are you in your basic knowledge about COVID-19?  Not at all confident  Somewhat confident  Very confident

\* must provide value

How confident are you in your ability to teach others about COVID-19?  Not at all confident  Somewhat confident  Very confident

\* must provide value

How confident are you in your ability to teach to elementary school-aged children?  Not at all confident  Somewhat confident  Very confident

\* must provide value

How confident are you in your ability to work on an interprofessional team?  Not at all confident  Somewhat confident  Very confident

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Figure 2. Likert scale question from volunteer pre-survey using RedCap.



# RESULTS

- **Parents**

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- Topics to be discussed

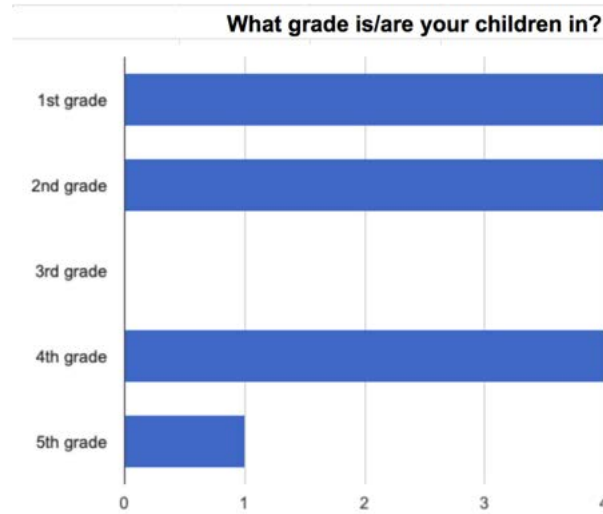


Figure 1. Grade school distribution of children of responding parents

- **Volunteers**

- 7 responses
- Teaching experience
- COVID knowledge
- Goals of volunteering

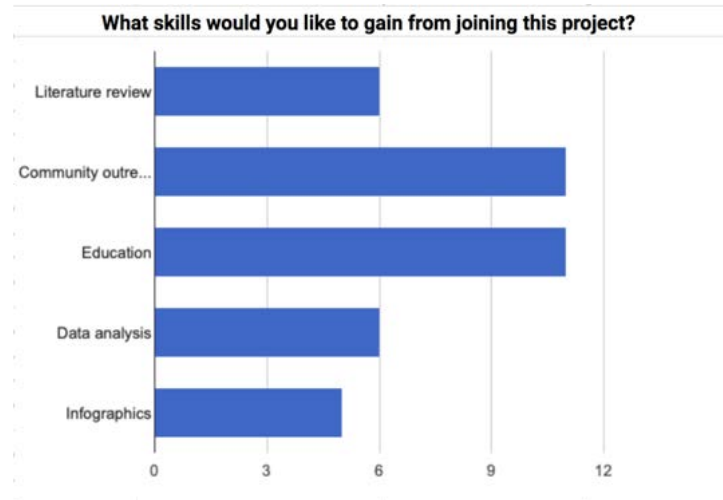


Figure 2. Skills responding volunteers would like to gain from project

What would you want your children to know about:	% of Parents Who Voted Yes:
COVID Hygiene - Handwashing, Wearing Masks	100%
General facts about COVID	70%
What to do if a family member gets sick with COVID	80%
COVID Symptoms	70%

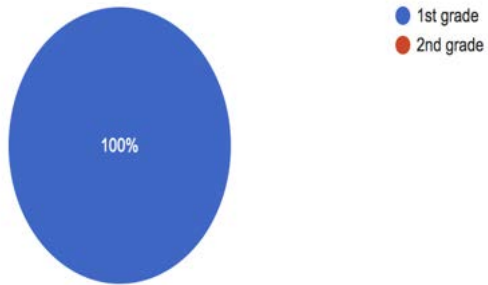
Table 1. Topics that responding parents wanted children to know about COVID.



# RESULTS

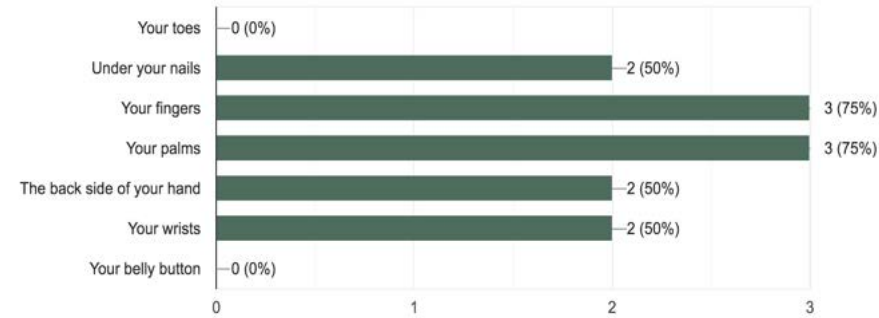
What grade are you in?

4 responses



Where should you scrub when you're washing your hands? (Check all that apply)

4 responses



When should you use hand sanitizer? (Choose all that apply)

4 responses

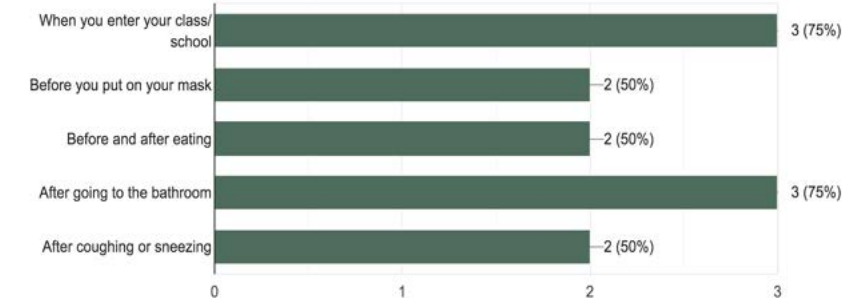


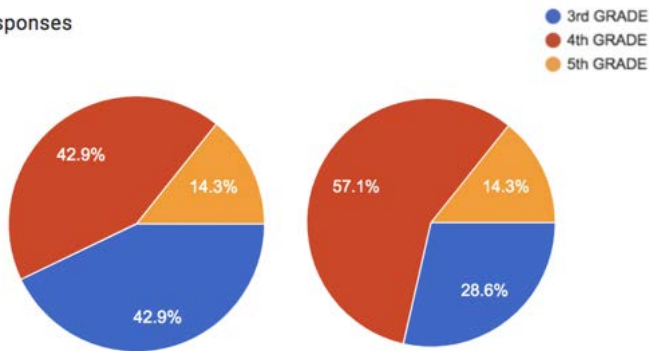
Figure 3. Grade level demographics for 'My Feelings' session.

Figure 4. 1st - 2nd grader responses to handwashing

Figure 5. 1st - 2nd grader responses to use of hand sanitizer

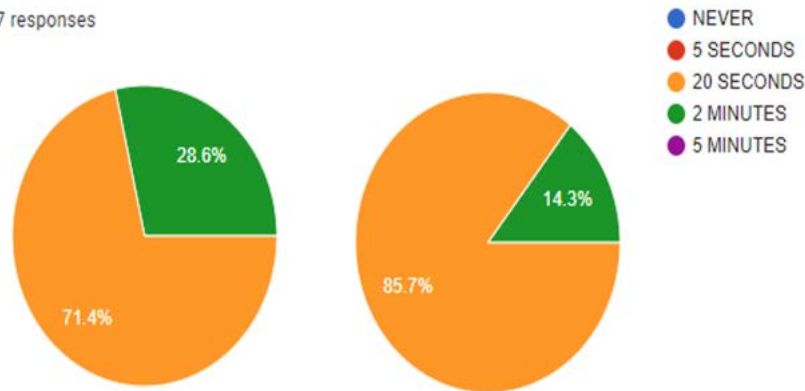
What grade are you in?

7 responses



How long do you wash your hands?

7 responses



How much alcohol is recommended in a hand sanitizer for it to be effective?

7 responses

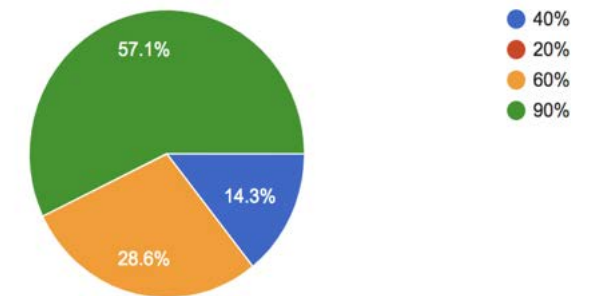


Figure 6. Demographics for "Hygiene" (L) and "My Feelings" (R) sessions

Figure 7. 3rd - 5th grade responses for pre-(L) and post-(R)"Hygiene" sessions

Figure 8. "My Feelings" Pre-session survey of the 3rd - 5th graders



# CONCLUSIONS

- **Sessions**

- The project is still ongoing.
  - Good fund of basic COVID-19 hygiene knowledge.
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