Health Education

Lesson Title: Rabies Safety and Prevention & First Aid for Animal Bites

Grade Level of Audience: 5th Grade

Number of Participants in Audience: 22 Students

Team Members: Sam Henderson and Jaidyn Ayvenes

Texas HOSA Chapter: Baylor College of Medicine Biotech Academy at Rusk, Texas Charter 61691, Middle School Division

Description of the Lesson

In 2019, the Centers for Disease Control and Prevention stated that rabies causes about 59,000 deaths worldwide each year. Therefore, it is important that kids know the lesson is about how to tell the signs of rabies, how to aid a bite from an animal that has rabies and learn about the signs of territorial animals. We chose this topic because we both want to be veterinarians when we grow up, so this is the perfect practice for that. We also chose to do this topic because we think kids should learn and know what to do when they see a rabid or territorial animal and what to do when you or somebody gets bitten by an animal. The goal for instruction is for the students to know the signs of rabies, the different signs of territorial animals, and how to treat an animal bite. What we first did was introduce ourselves. Then have kids raise their hands and tell us if they have an animal/ animals and what kind they have, for the ice breaker. After that, we began our presentation with a list of the signs of territorial animals. Fourthly one of us set up our Kahoot while the other passed out whiteboards, markers, and erasers. The Kahoot, which is an online quiz that kids can compete against each other, is about territorial animals. After the Kahoot, we picked up the whiteboards, markers, and erasers then we moved on to the next slide, which was the sign of rabies. Next after listing the signs of rabies, we had them go to tables. These tables had a bag on them with pictures, paper, clay arms, Povidone-Iodine, and napkins. We had them take out the pictures, which had numbers on the back of them, and the papers. We passed out pencils and had them draw a line making 2 sides, labeling one side, “Rabies” and the other side, “No Rabies”. The students look at the picture and write down, as a group, whether the animal/animals have rabies and why they think that. When finished, the kids go back to the carpet. Next, we continue to the first aid part of our presentation. After explaining what to do

when bitten, we have the kids go back to their tables and wait until everyone has their gloves on that we passed out. When all gloves are on, we have them take out the clay arm and put it out on a napkin. Then we explain we will be dealing with a chemical that could stain the skin. We proceed to start taking the Povidone-Iodine prep pad out and opening it. After a student opens the Povidone-Iodine packet, they are told to wipe the "wound" sculpted in the clay arm and make sure the students get in the "wound" and clean it well. After the kids are done, we ask them some follow up questions, "How well do you think you cleaned the "wound"?" The groups looked at their clay arms and say things like, "Not well." and "Bad." We asked why they thought that, and they said because they hadn't cleaned it very well. This is exactly why we wanted to teach this topic; we want kids to be able to clean a bite well in case of an emergency. Then we go around and have them throw away the trash. We have them go to the carpet, and review which animals that you immediately need to go to doctor if they bite you. Then they go back to the tables as we pass out the test leaving the PowerPoint on a slide that says, "Thank You!" and let them answer their tests. After they were finished, they raised their hand and we picked up their test and pencil.

Supportive Information

According to our research, in a recent report by US News and World Report, the CDC states that approximately 59,000 people each year die of rabies bites in the world (Newman, 2019). Therefore, it is important to learn about this issue because we want less and less people to die each year, and we can do this by first learning how to tell the different signs of rabies and aggression in animals. We can also learn how to provide first aid if a person is bitten by a rabid animal.

The first step to lower the chance of being bitten by a rabid animal is knowing how to spot the signs of the disease. According to CDC the signs of rabies are lethargy, fever, vomiting, and anorexia. Signs progress within days to cerebral dysfunction, cranial nerve dysfunction, weakness, paralysis, seizures, difficulty breathing, difficulty swallowing, excessive salivation, abnormal behavior, and aggression (CDC, 2019).

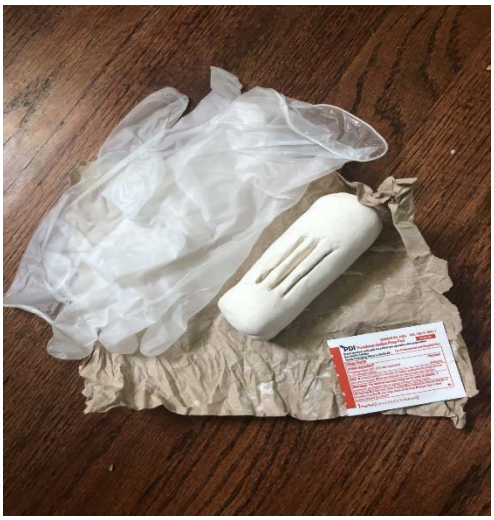
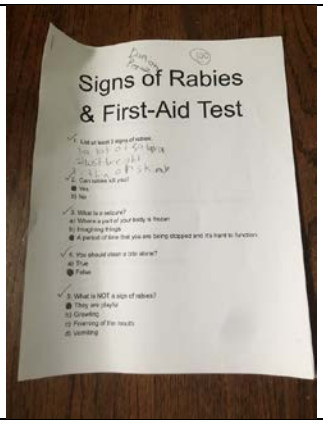
If a person comes across a cat if it has foam on its mouth of raised fur on its back and attacks you it is important that first aid is handled properly, quickly, and calmly. According to a website, Kids' Health, the steps to take are to wash the area very carefully with water and antiseptic or soap, and use ice to keep the swelling down. Apply an antiseptic. Your pharmacist will be able tell you what to use if you don't have any at home. Cover with a clean dressing or plaster but take the plaster off every day to make sure the bitten place is healing well. Look for signs of an infection, (i.e. redness, swelling, pain, tenderness and the infected part often feels hot to touch). Kids should have a trusted adult check out the bite. If there is infection or deep enough wound,

you need to see a doctor. Check if you need an anti-tetanus shot. If the bite is deep or there are many bites, see your doctor at your local clinic or you may need to go to a hospital.

In conclusion, it is very important to learn the signs of rabies in animals so that you can avoid contracting the disease. It is also vital to learn the proper first aid to render should a person be bitten by a rabid animal. Learning these skills at a young age can significantly lower the incidence of death by rabies worldwide.

Lesson Outline

Segment of Lesson	Time	Description	
Introduction	2 Min.	Introduced ourselves.	
Ice breaker	2 Min.	Asked students to raise their hand if they had a pet and called on students to share.	
Territorial animal signs	4 Min.	We had them look at a list of signs of territorial animals and discussed.	
Territorial animals activity	7 Min.	Showed Kahoot, an online quiz, on screen and had students write their answers on a white board.	
Signs of rabies	3 Min.	Had a slide with a list of signs of rabies and showed the students.	
Signs of rabies activity	5 Min.	Had the 5th grade students sort through photos of animals with and without rabies. On a separate piece of paper, we had them list the photo # and name evidence on why they thought the animal had or didn't have rabies.	

How to treat bite	5 Min.	Had a slide with how to treat an animal bite and discussion.	
How to treat a bite activity	20 Min.	Each group had a bag with a clay arm, Povidone-Iodine prep pad, and a napkin. We handed them gloves and had them used a napkin to take the clay arm out of the bag and put it on the napkin. We carefully had them take out the Povidone-Iodine packets and wipe the "wound" with the iodine and made sure they got every crevasse of them.	
Test	8 Min.	A test on the overall PowerPoint and some bonus questions on who to ask for help	

Lesson Materials

PowerPoint Slideshow:

1

2

3

4

SIGNS OF A TERRITORIAL ANIMAL
• Showing teeth
• Raised fur on their back
• Threatening growling & barking
• Lunging, or violently throwing themselves, at someone or another animal in a non playful way
• Standing rigidly, or stiff, and having an intense, extreme, focus on a target
• Mouthing in a controlling way
• Being territorial cannot kill you and is a behavior

5

SIGNS OF RABIES
DON'T TOUCH THEM & STAY AWAY

6

SIGNS OF RABIES IN ANIMALS
• Lethargy, lack of energy or enthusiasm
• Fever, but don't check for it if they have any other signs
• Vomiting
• Weight loss
• Thin or skinny appearance
• Being delirious, imagining things
• Can't see well
• Weakness
• Hard to walk
• Seizure, a period of timed that you are being stopped or seized and it's hard to function
• Paralysis, where a part of your body is frozen
• Hard to breathing
• Difficult swallowing
• A lot of saliva
• Aggression
• Foaming around the mouth
• Rabies can kill you

7

HOW TO TREAT A BITE
FIRST AID

8

RABIES FIRST-AID [WITH MOM, TEACHER, OR DAD]

- To clean the bite wash area with water and soap
- To keep swelling down, use ice or an ice pack
- Put medicine on the bite
- After a day or two, look for signs of an infection. This may look like redness, swelling, bite feels hot, and/or pain
- If one or more of these occur have mom, teacher, or dad look at it
- You might have to go to the doctor for stitches or an anti-tetanus shot
- If the bite is deep, go to the doctor

9

CERTAIN ANIMALS THAT MAKE YOU NEED TO GO TO THE DOCTOR IMMEDIATELY

- Raccoon
- Skunk
- Fox
- Bat

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THANK YOU!

GOODBYE!!!

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RESOURCES

http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=288&id=1468

https://www.thebentonlawfirm.com/2015/08/03/how-to-spot-signs-of-aggression-in-animals/

https://play.kahoot.it/v2/?quizId=82fed301-ec66-4557-86cb-ff695bf5818d

https://www.cdc.gov/rabies/exposure/animals/index.html

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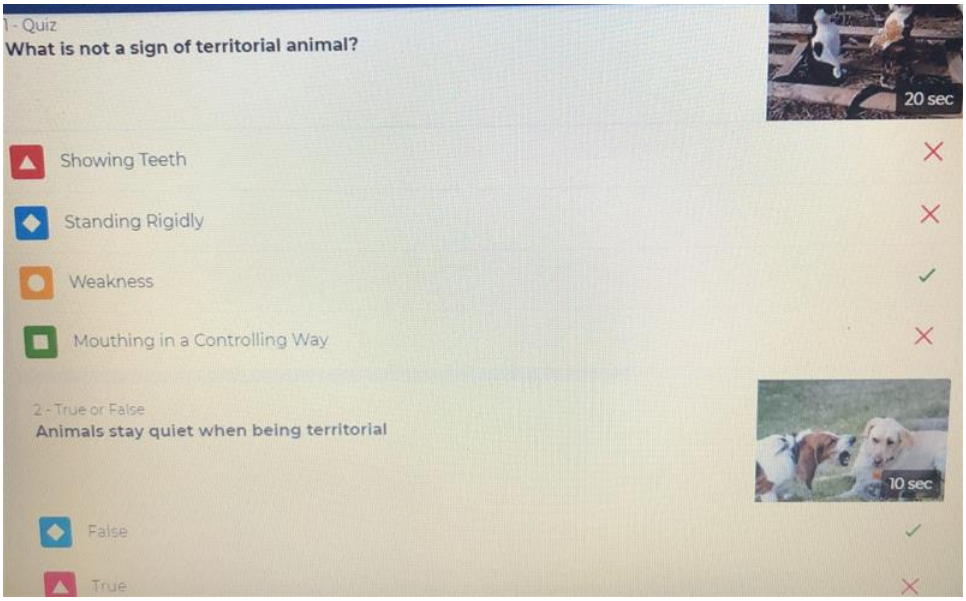
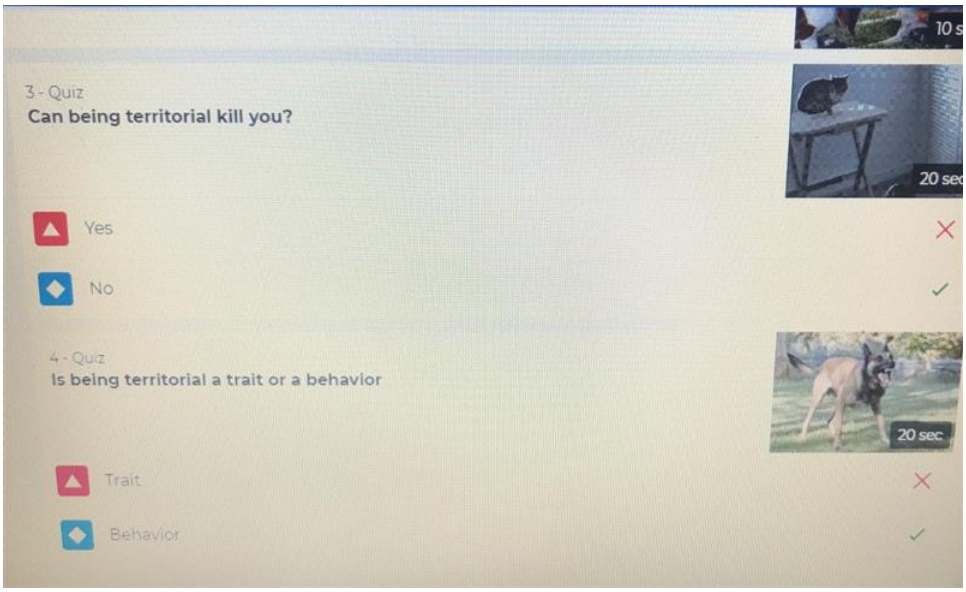
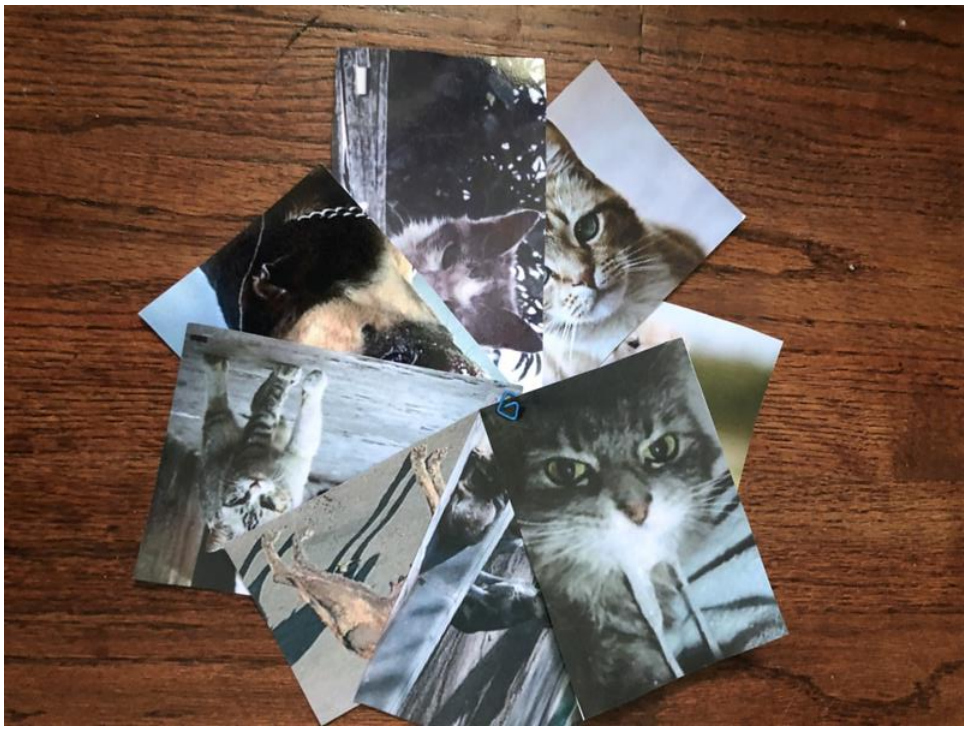
Kahoot Game – Signs of Territorial Animals (screenshots to represent the online game):





Picture of Sorting Activity (students had to decide if the animal on each card shows signs of rabies or not and say why):

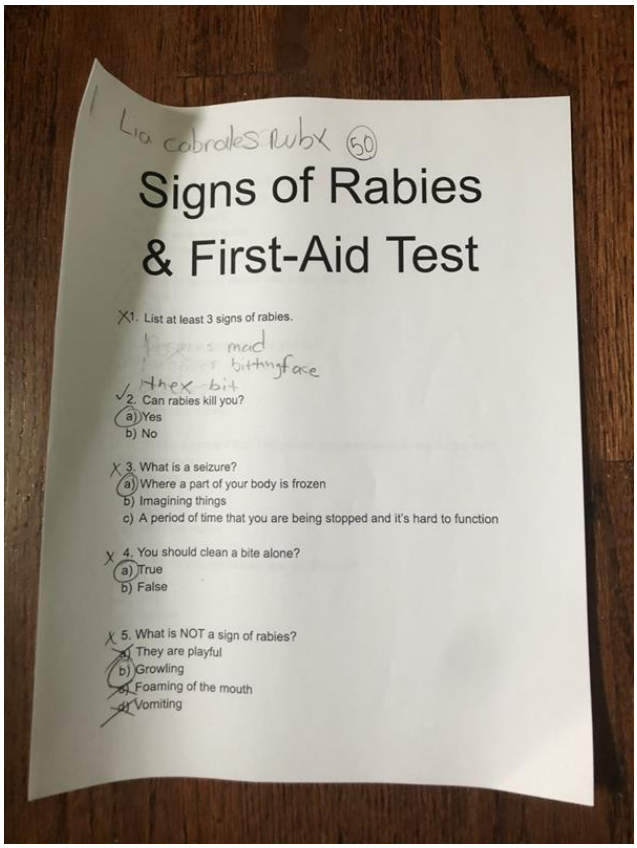


Picture of First Aid Activity:

Feedback Tools

Results of Test: 17/22 students passed = 77%

Examples of Completed Tests:



Lia cabrales Rubx (50)

Signs of Rabies & First-Aid Test

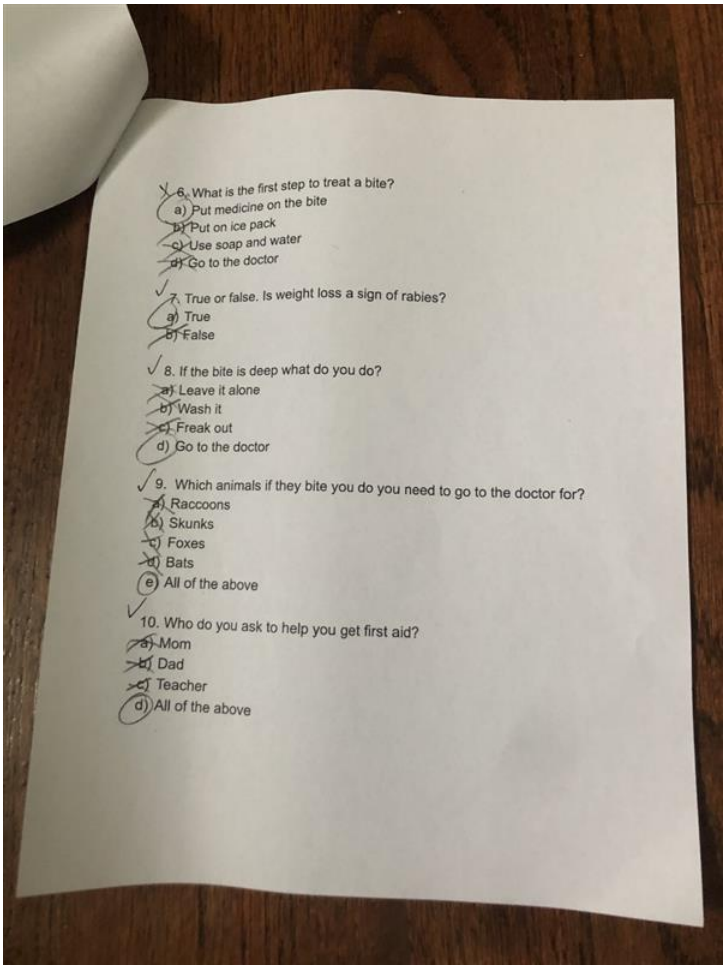
X 1. List at least 3 signs of rabies.
[illegible] mad
[illegible] bitting face
they bit

✓ 2. Can rabies kill you?
a) Yes
b) No

X 3. What is a seizure?
a) Where a part of your body is frozen
b) Imagining things
c) A period of time that you are being stopped and it's hard to function

X 4. You should clean a bite alone?
a) True
b) False

X 5. What is NOT a sign of rabies?
a) They are playful
b) Growling
c) Foaming of the mouth
d) Vomiting



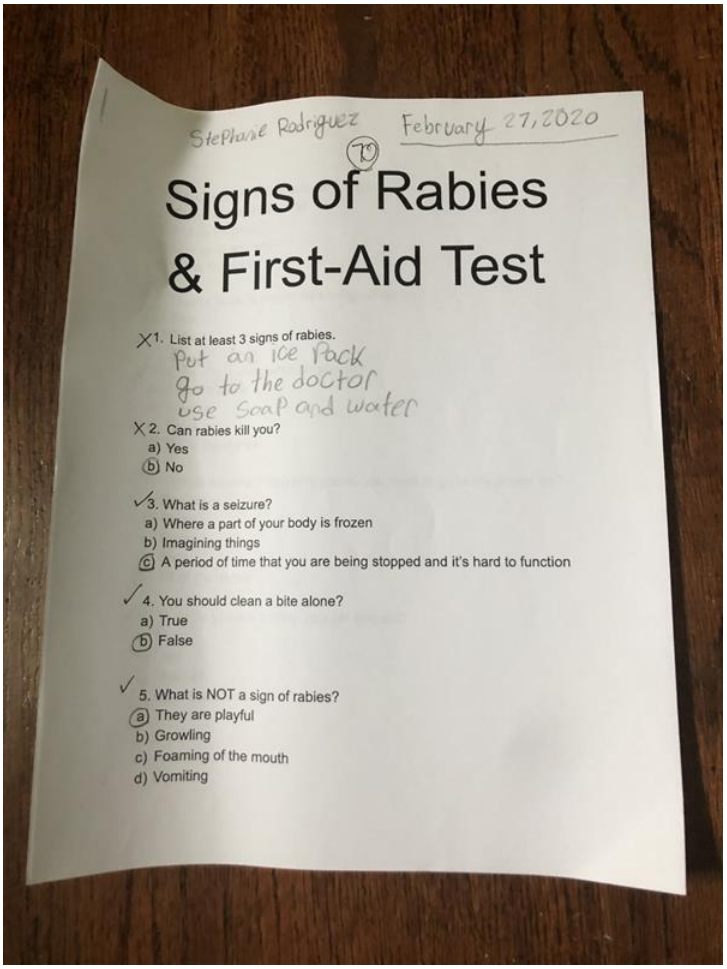
6. What is the first step to treat a bite?
a) Put medicine on the bite
b) Put on ice pack
c) Use soap and water
d) Go to the doctor

7. True or false. Is weight loss a sign of rabies?
a) True
b) False

8. If the bite is deep what do you do?
a) Leave it alone
b) Wash it
c) Freak out
d) Go to the doctor

9. Which animals if they bite you do you need to go to the doctor for?
a) Raccoons
b) Skunks
c) Foxes
d) Bats
e) All of the above

10. Who do you ask to help you get first aid?
a) Mom
b) Dad
c) Teacher
d) All of the above



Stephanie Rodriguez February 27, 2020

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Signs of Rabies & First-Aid Test

X 1. List at least 3 signs of rabies.
Put an ice pack
go to the doctor
use soap and water

X 2. Can rabies kill you?
a) Yes
(b) No

✓ 3. What is a seizure?
a) Where a part of your body is frozen
b) Imagining things
(c) A period of time that you are being stopped and it's hard to function

✓ 4. You should clean a bite alone?
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(b) False

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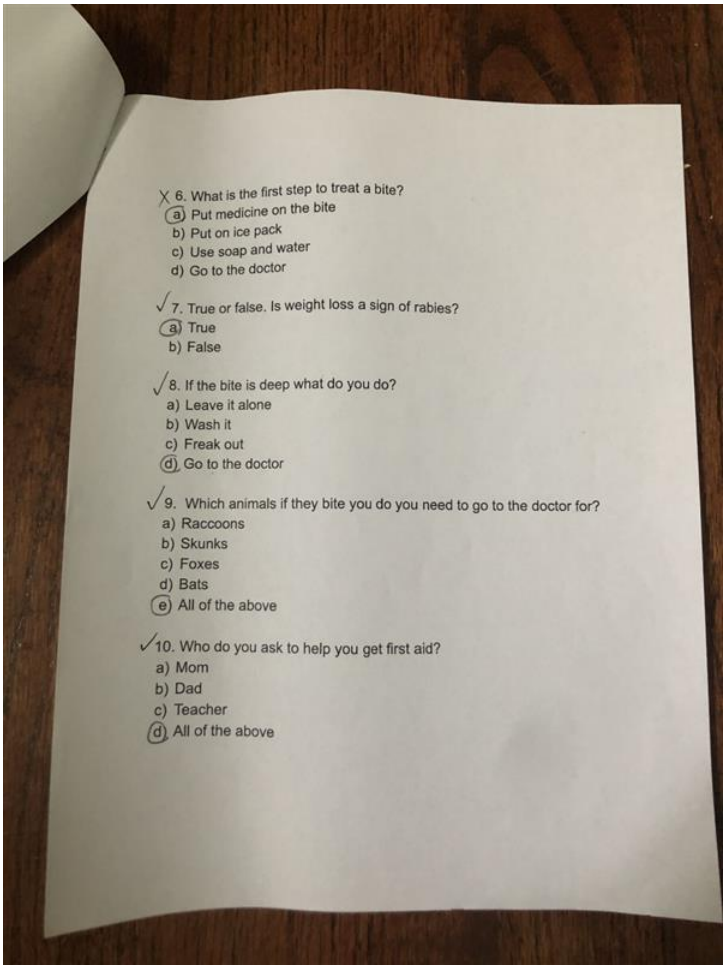

X 6. What is the first step to treat a bite?
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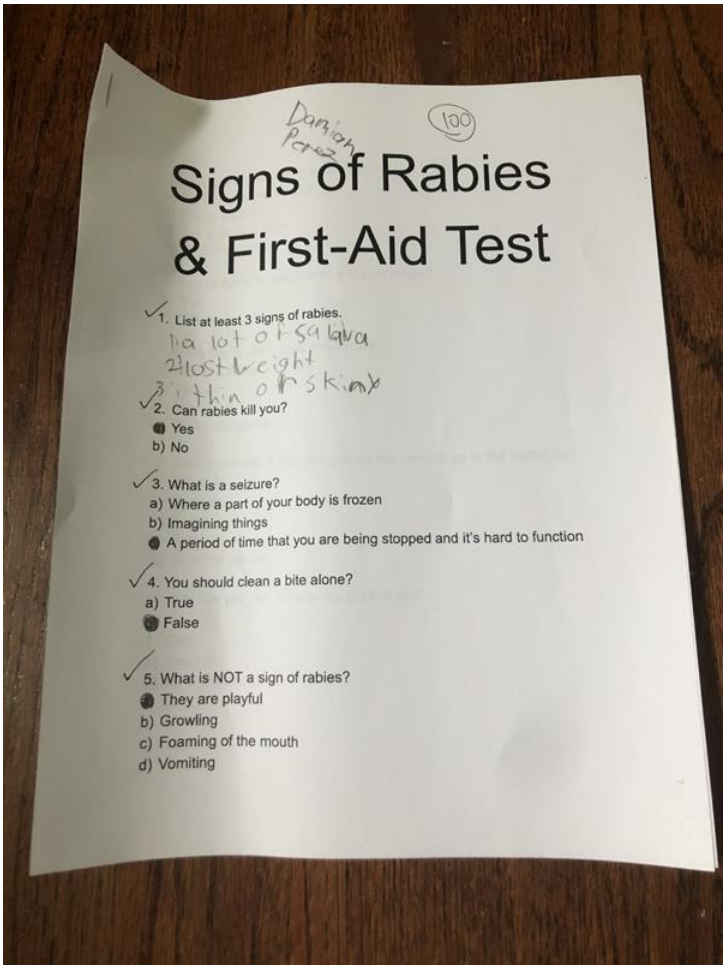

Damian Perez

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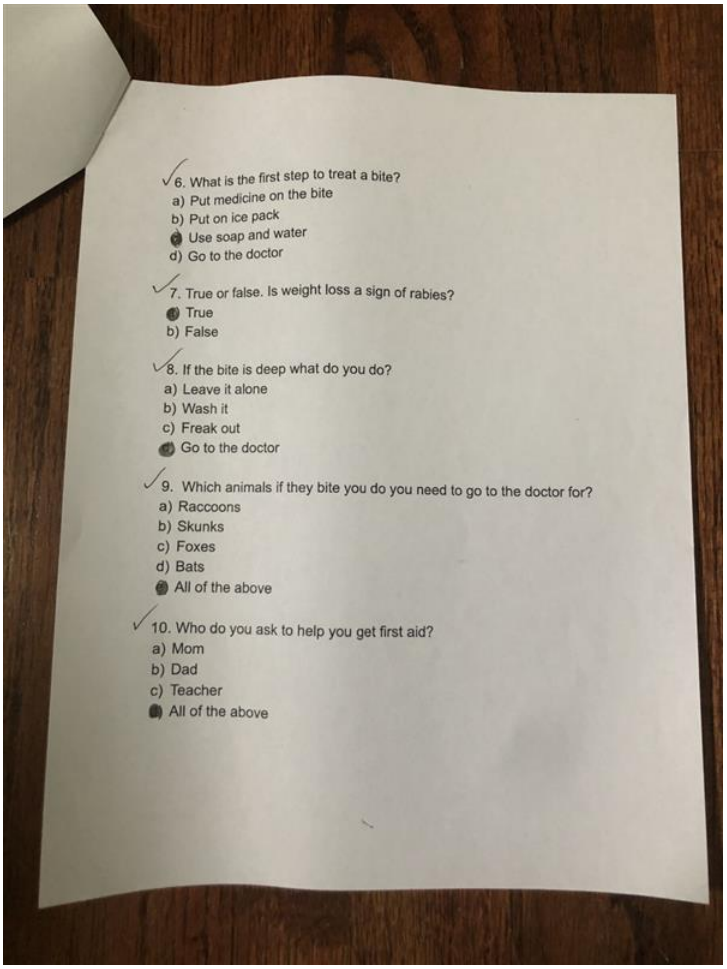
Signs of Rabies & First-Aid Test

1. List at least 3 signs of rabies.
   1. a lot of saliva
   2. lost weight
   3. thin or skinny
2. Can rabies kill you?
   - a) Yes
   - b) No
3. What is a seizure?
   - a) Where a part of your body is frozen
   - b) Imagining things
   - A period of time that you are being stopped and it's hard to function
4. You should clean a bite alone?
   - a) True
   - False
5. What is NOT a sign of rabies?
   - They are playful
   - b) Growling
   - c) Foaming of the mouth
   - d) Vomiting



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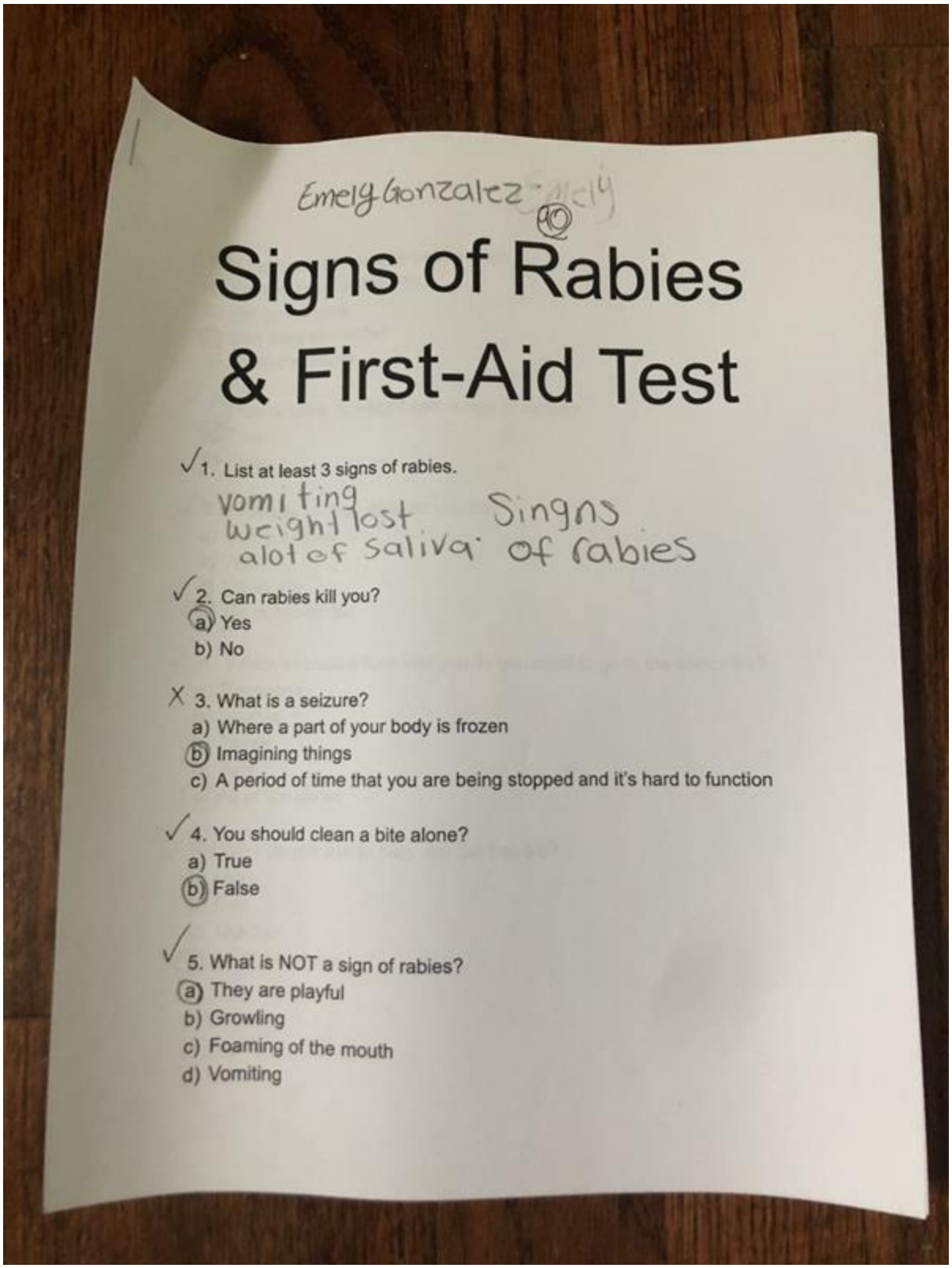

Emely Gonzalez Emely

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Signs of Rabies & First-Aid Test

✓ 1. List at least 3 signs of rabies.

vomiting
weight lost
alot of saliva

Singns of rabies

✓ 2. Can rabies kill you?

(a) Yes
b) No

X 3. What is a seizure?

a) Where a part of your body is frozen
(b) Imagining things
c) A period of time that you are being stopped and it's hard to function

✓ 4. You should clean a bite alone?

a) True
(b) False

✓ 5. What is NOT a sign of rabies?

(a) They are playful
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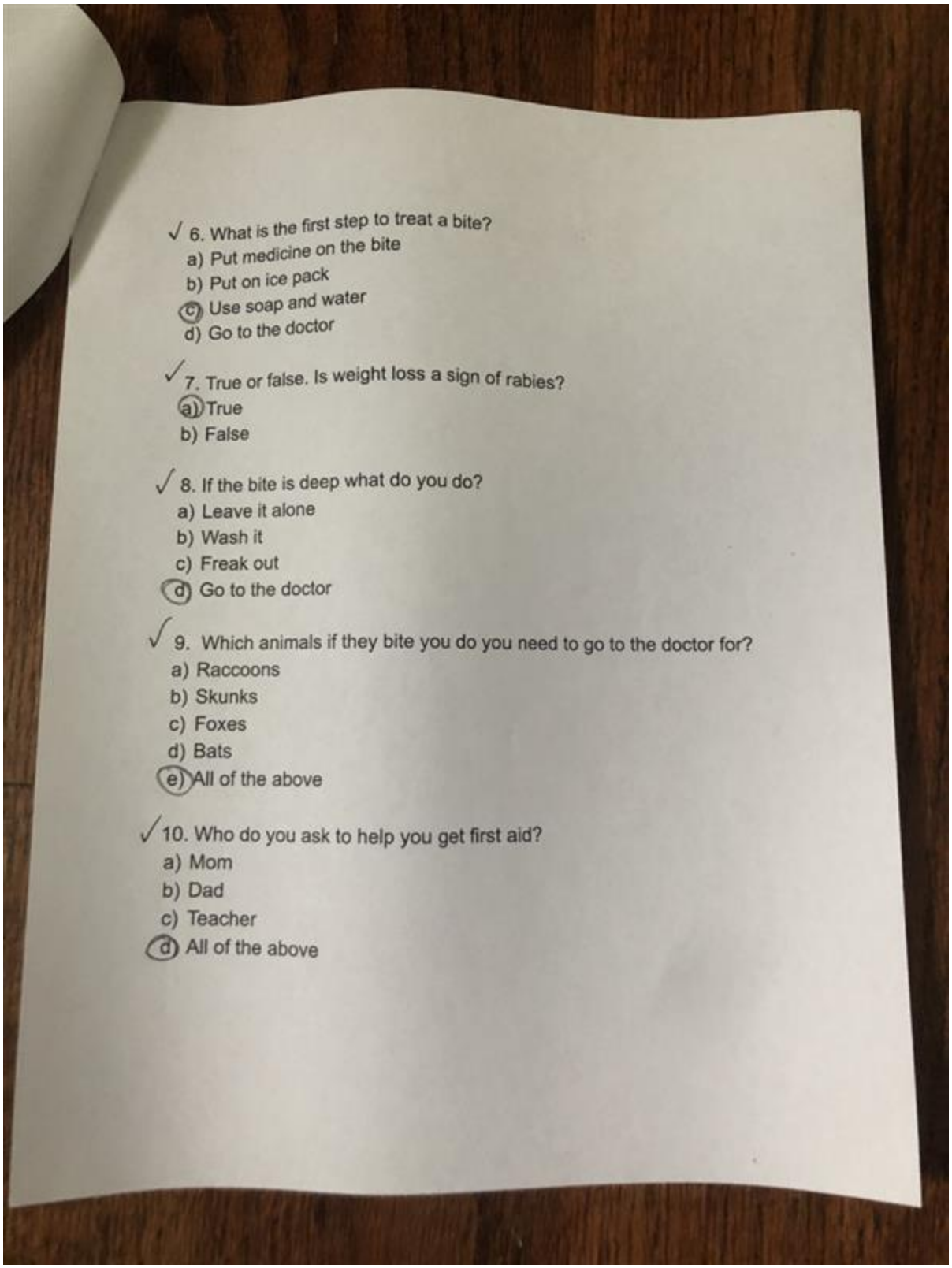

✓ 6. What is the first step to treat a bite?
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b) Put on ice pack
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d) Go to the doctor

✓ 7. True or false. Is weight loss a sign of rabies?
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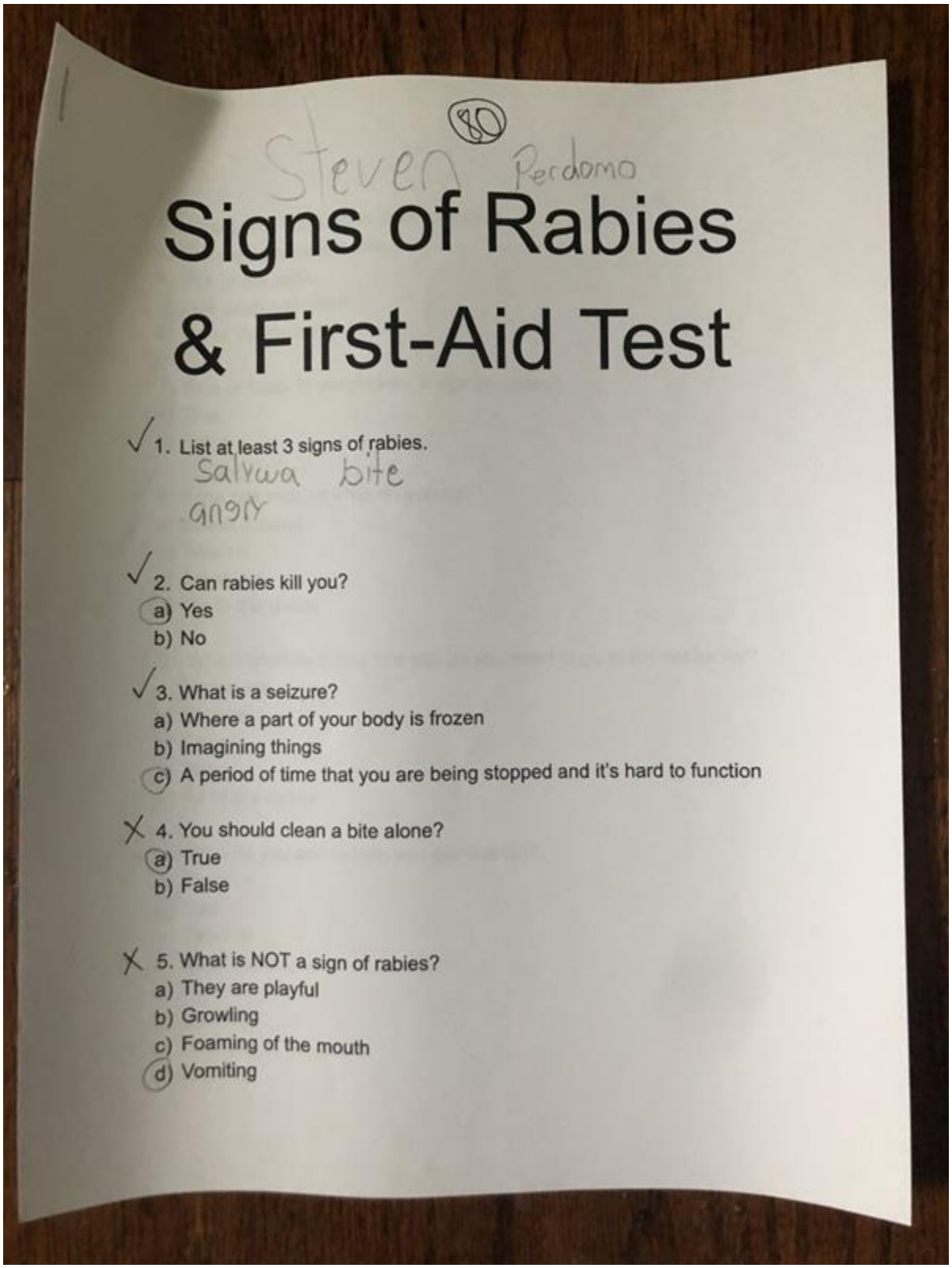

Steven Perdomo

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Signs of Rabies & First-Aid Test

✓ 1. List at least 3 signs of rabies.
Salvwa bite
angry

✓ 2. Can rabies kill you?
(a) Yes
b) No

✓ 3. What is a seizure?
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(c) A period of time that you are being stopped and it's hard to function

✗ 4. You should clean a bite alone?
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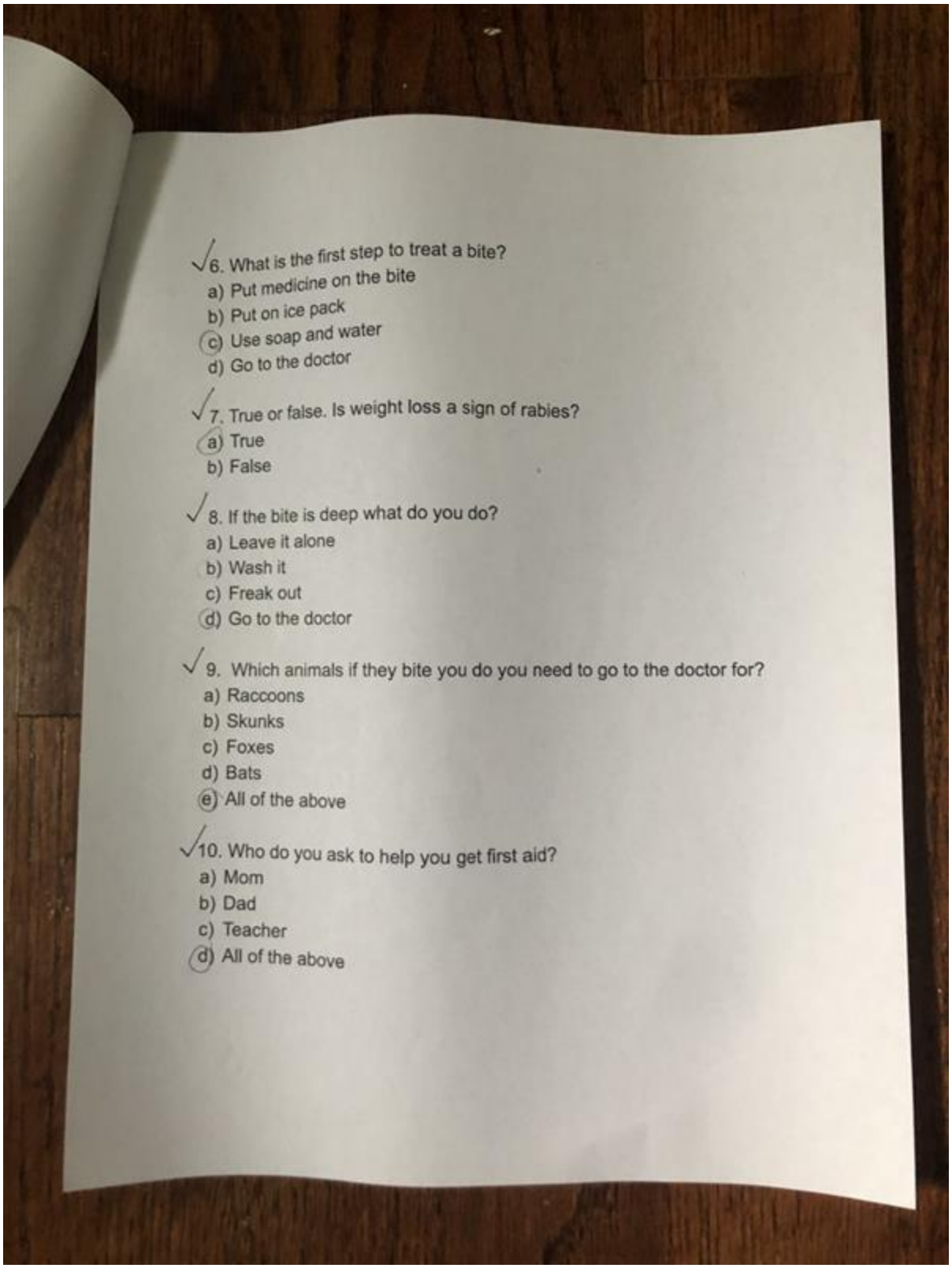

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References

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Newman, Katelyn. “U.S. Officials: Beware of Wildlife Rabies Risks.” *U.S. News & World Report*, U.S. News & World Report, 12 June 2019, www.usnews.com/news/healthiest-communities/articles/2019-06-12/officials-warn-of-rabies-risks-despite-drop-in-domestic-cases.

“The Benton Law Firm**.”** The Benton Law Firm**,** March 10**,**2020 **www.thebentonlawfirm.com/2015/08/03/how-to-spot-signs-of-aggression-in-animals/.**