



### Coughing, Sneezing and Hand Washing



**Coughing and sneezing** are common symptoms of several respiratory viruses, such as the common cold, flu, COVID, respiratory syncytial virus (RSV), and whooping cough (1).

Viruses can be spread in the air when people talk, sneeze or cough, or by touching commonly used objects and surfaces like doorknobs, countertops, and computers, when we touch them, then touch our face, with our unwashed hands (1).

#### Reducing the Spread of Viruses

- Whenever possible cover a cough or sneeze with a tissue.
- Then throw the tissue directly into the trash can.
- Cough or sneeze into the elbow, not the hand.
- Try not to touch your eyes, nose, or mouth.
- Wash hands, or use alcohol-based hand sanitizer, after coughing, sneezing and using the toilet.
- Keep some distance from people who are sick, don't be in close contact.
- Stay home if you're not feeling well and limit contact with others.
- Get vaccinated when possible.
- Wear a mask to cover your nose and mouth when you are sick.
- Regularly clean and disinfect commonly used areas and objects (2).



#### Handwashing

The single most important thing you can do to reduce the spread of viruses is to regularly wash your hands. The CDC reports at least 1 in every 5 respiratory viruses, like flu or the common cold, can be prevented with regular handwashing. It is important to know how and when to wash your hands (3).

#### App of the Month



SureWash Hand Hygiene APP is a fun and engaging hand hygiene mobile app that helps reduce infections and manage risk. Anyone looking to learn how to wash their hands correctly can learn the WHO technique on their mobile device. It uses the phone camera to measure hand motions and provides real-time feedback to support the user. (App of the Month is not endorsed by DBHDS Office of Integrated Health-Health Supports Network. User accepts full responsibility for utilization of app).

#### When to Wash Your Hands

- Before, during, and after handling food.
- Before and after eating.
- Before and after caring for someone who is vomiting or has diarrhea.
- Before and after taking care of a cut or wound.
- After using the toilet.
- After changing briefs/diapers or cleaning up after someone who has used the toilet.
- After blowing your nose, coughing, or sneezing.
- After touching an animal, pet food/treats, or animal waste.
- After touching the ground, dirt, or gardening.
- After taking out the garbage, handling trash or kitty litter.
- When hands look dirty (3).

#### 5 Steps to Proper Hand Washing (3).



#### Hand Sanitizer Use (3).



★ Soap and water are the best choice to clean hands, but when it is not available, the use of at least a 60% alcohol-based hand sanitizer can kill some germs on hands, but not all (3).

#### References

1. Center for Disease Control and Prevention (CDC). (2021, August). Healthy habits to help protect against flu. U.S. Department of Health and Human Services (HHS). <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>
2. Center for Disease Control and Prevention (CDC). (2022a, June). Coughing and sneezing. U.S. Department of Health and Human Services (HHS). <https://www.cdc.gov/hygiene/personal-hygiene/coughing-sneezing.html>
3. Center for Disease Control and Prevention (CDC). (2022b, September). Handwashing in communities: Clean hands save lives. U.S. Department of Health and Human Services (HHS). <https://www.cdc.gov/handwashing>

## January 2023

## Office of Integrated Health Health Supports Network



### ABA Snippets ...

#### **Constructing Line Graphs with Condition or Phase Change Lines**

Data! Everyone loves data. Data is collected in countless ways, on countless things, in countless locations across the Commonwealth. That means there are a lot of numbers being written down, scratched out, toggled, clicked, penciled in, inked, and tallied every day. All this data is of little use until it can be displayed and analyzed.

There are numerous ways to visually display behavioral data, but the line graph reigns supreme, and for good reason. When properly constructed the line graph is easy to create and even easier to analyze. The basic parts of a line graph are simple and understood by a wide range of professionals and caregivers, making it a wonderful tool for visualizations. Many line graphs benefit from the addition of a condition change or phase change line.

Simply put, a condition/phase change line is a vertical line which distinguishes something changed at a particular point in time. Condition and phase are often used interchangeably but technically, "... condition indicates the environmental arrangements in effect; phase refers to a period within a study or behavior change program" (1).

Data points should not be connected across the change line to aid visual analysis. Such lines can be used for many reasons, and they should always be accompanied by a clear label describing the change.

For example, if an individual starts a new medication or dosage, a condition change line can be added to the graph showing the break between the data prior to the change and after. One of the most powerful uses of a phase change line is to show the point in time when an intervention was implemented.

Over time, the data paths prior and subsequent to the phase change can be visually analyzed and displayed to show the impact of the intervention. Technical steps for constructing line graphs can be found in the articles below.

You may contact DBHDS to access resources, provide feedback, and learn more about these efforts via the following:  
[nathan.habel@dbhds.virginia.gov](mailto:nathan.habel@dbhds.virginia.gov)

#### References

1. Cooper, J. O., Heron, T. E., & Heward, W. L. (2020). Selecting and Defining Target Behaviors. In Cooper, J. O., Heron, T. E., & Heward, W. L. (Eds.), *Applied Behavior Analysis* (pp. 48-71). Hoboken, New Jersey: Pearson.
2. Deochand, N., Costello, M.S., & Fuqua, R.W. (2015). Phase change lines, scale breaks, and trend lines using Excel 2013. *Journal of Applied Behavior Analysis*, 48(2), 478-493
3. Dixon, M.R., Jackson, J.W., Small, S.L., Horner-King, M.J., Lik, N.M., Garcia, Y. & Rosales, R. (2009). Creating single-subject design graphs in Microsoft Excel 2007. *Journal of Applied Behavior Analysis*, 42(2), 277-93



The Office of Integrated Health - Health Supports Network (OIH-HSN) at the Department of Behavioral Health and Developmental Services (DBHDS) and Virginia Department of Health's (VDH) Dental Health Program are excited to present a **FREE** two-hour educational opportunity for DSPs, supervisors, nurses, house managers, support coordinators and family caregivers who provide direct care to individuals with developmental disabilities.

- During this interactive virtual training course, participants can learn strategies to support clients who need improved oral care and prevent diseases of the mouth for their clients and themselves.
- Upon completion, participants will have the information and tools to share with other staff in their home agencies and improve overall staff training.
- Oral Health affects the entire body and good oral habits make a difference.

Please join Kami A. Piscitelli, BSDH, RDH, VDH Special Needs Oral Health Coordinator and one of the Registered Nurse Care Consultants from OIH-HSN as they lead this virtual training.

There is an oral health training offered once quarterly.

After registering, you will receive a confirmation email containing information about joining the training.

The course is limited to 75 registrants and fills quickly, so register early. Registration closes at noon the day BEFORE the course.

The next training date is Tuesday, January 10, 2023 between 10:00am – 12:00pm.

Registration link:

[https://us06web.zoom.us/meeting/register/tZUld-Corz4jGNA3B13KGDIVRgCfrYfHS\\_rl](https://us06web.zoom.us/j/84481234567)



### The Office of Integrated Health – Health Support Network Mobile Dental Unit

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