



### Sample IEP Goal:

With 2 or fewer prompts, the student will complete the steps required to cover their nose and mouth when they cough/sneeze with 100% accuracy on 4 out of 5 opportunities.

### Possible Settings:

- Home bathroom
- School bathroom
- Classroom
- Hallway

### Items Needed:

- Tissue
- Hand Sanitizer
- Sink with soap
- Task analysis
- Visual supports

# Hygiene When Coughing or Sneezing



## Preparing for the Lesson

1. Prior to beginning the lesson, gather baseline data to assess the student's current ability to cover their nose and mouth when they cough/sneeze. Have the student attempt to cover their nose and mouth when they cough/sneeze, but offer no prompts. Record their data online (or you may use the task analysis attached if a computer/tablet is not available).
2. Determine the setting where the lesson will take place (consider how the video model will be used in the natural setting, during routines, etc.) and what materials will be used (see Planning for Generalization).
3. Identify how the video model will be shown (e.g., on an iPad or tablet, etc.). If technology is not available to view the video model, the student may also use the visual supports provided (i.e., the visual task analysis or the photo cards).



## Implementing the Video Model

1. Use the baseline data to determine how much of the video the student views (e.g., if they can already put their elbow over their nose and mouth independently and consistently, start the video at a point that shows the remaining steps).
2. Show the student the video model for covering their nose/mouth when they cough/sneeze.
3. When presenting the video model, prompt the student to attend to the video (as needed). Some students may need to see the video several times before being asked to perform the target skill. Determine the appropriate number of times for each student to watch the video model.
4. After the student has viewed the video, have the student attempt to perform the target skill. Use the task analysis (see below) to monitor their progress toward completing the task independently.



## Collecting Data Using the Task Analysis

1. After collecting baseline data and having the student view the video, have them attempt to cover their nose and mouth when the cough/sneeze. Have **Transition to Adulthood** (on [www.teachtown.com](http://www.teachtown.com)) open to the Assessment, or use the task analysis provided, to collect data (intervention phase).
2. Give the instructional directive, "Cover your nose and mouth when you cough/sneeze." As the student completes each step to cover their nose and mouth when the cough/sneeze, note whether they completed the step independently, or what level of prompting they required to complete each step.
3. Offer positive reinforcement (e.g., verbal praise, token, tangible, etc.) for steps completely correctly.



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## Prompting/Fading Procedures

As the student begins to acquire the skill, you may:

1. Delay the start of the video or stop it before it is over (so the student sees less of the video model). Gradually decrease the amount of the video shown.
2. If there is only one step in the task analysis that they are consistently performing incorrectly, show them only that section of the video. Have them re-watch and practice the step as needed.
3. Use a time delay when prompting the student. If the student does not complete the step (doesn't even begin the step in the task analysis) within 4 seconds of the prompt, "Cover your nose and mouth when you cough/sneeze," provide them with least-to-most prompting (gestural, then verbal, then model, then physical prompting) as needed for the student to complete the steps accurately.

### EXAMPLE

If the student doesn't respond within 4 seconds, give them the gesture prompt (i.e., point to their elbow). If they still do not respond, offer the verbal prompt, "Cover your nose and mouth when you cough/sneeze." If they still do not cover their nose/mouth, have them watch the segment of the video that models covering their nose/mouth. If they still do not respond, use hand-over-hand prompting to complete the step.

4. Fade prompting until the student is performing the skill independently. Some students may continue to need some support; however, the goal should be that they do not require another person to be present to perform the target skill. Teach the student to manage their own behavior using the visual supports.



## Planning for Generalization

- Have the student cover their nose and mouth when the cough/sneeze in a variety of settings (e.g., bathroom, classroom, hallway, store, etc.).
- Have the student locate and use a variety of tissues (e.g., tissues in a box, tissues in a bathroom, napkins, etc.).
- Have the student practice what to do if they need a tissue and don't have one (e.g., ask someone, sneeze into hand, etc.).
- Have the student practice turning their body away from other people if they are in close proximity when they cough/sneeze.
- Have the student practice cleaning their hands after coughing/sneezing (e.g., hand sanitizer, wash hands in a sink with soap, etc.).
- If you are unable to practice in a natural environment (bathroom, etc.), make sure you vary the contrived situation (e.g., change locations, change materials, etc.).

## Hygiene When Coughing or Sneezing - Task Analysis for Data Collection

Student Name: \_\_\_\_\_

**Data Collection Phase** (circle one): *Use a different data sheet for each phase.*

Baseline    Intervention    Maintenance    Generalization (specify): \_\_\_\_\_

DATE										
1. Feel like you're about to cough or sneeze.										
2. Put your elbow over your nose and mouth.										
3. Cough or sneeze in your elbow.										
4. If you need to, get a tissue.										
5. Hold the tissue over your nose.										
6. Blow your nose in the tissue.										
7. Throw the tissue away.										
8. Wash your hands or use hand sanitizer.										
<b>TOTALS*</b>										

\*Total number of steps completed independently and accurately (could note percentage).

KEY	I	G	V	M	P
	Independent and accurate	Gesture prompt	Verbal prompt	Model prompt (could be use of the video model)	Physical prompt

<b>Hygiene When Coughing or Sneezing</b>		<b>Done?</b>
	1. Feel like I'm about to cough or sneeze.	<input type="checkbox"/>
	2. Put my elbow over my nose and mouth.	<input type="checkbox"/>
	3. Cough or sneeze into my elbow.	<input type="checkbox"/>
	4. If I need to, get a tissue.	<input type="checkbox"/>
	5. Hold the tissue over my nose.	<input type="checkbox"/>
	6. Blow my nose in the tissue.	<input type="checkbox"/>
	7. Throw the tissue away.	<input type="checkbox"/>
	8. Wash my hands or use hand sanitizer.	<input type="checkbox"/>



**Feel like I'm about to cough or sneeze.**



**Put my elbow over my nose and mouth.**



**Cough or sneeze into my elbow.**



**If I need to, get a tissue.**



**Hold the tissue over my nose.**



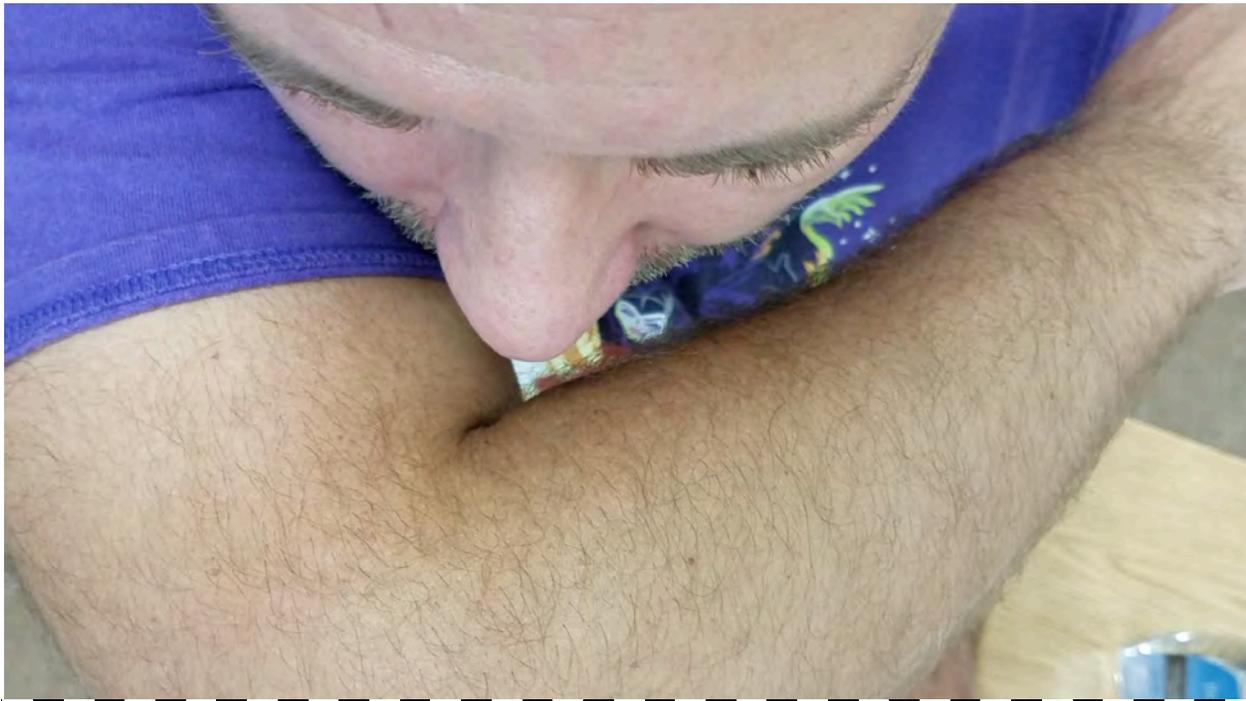
**Blow my nose in the tissue.**



**Throw the tissue away.**



**Wash my hands or use hand sanitizer.**



If	Then
<p>I need a tissue and can't find one.</p> 	<p>Use toilet paper, a paper towel or something else I can throw away or wash.</p> 
<p>I cough or sneeze into my hands.</p> 	<p>I will wash my hands.</p> 
<p>I have allergies or a cold.</p>	<p>I will keep tissues and hand sanitizer in my pocket, back pack, or purse.</p> 
<p>I need help.</p> 	<p>I will ask someone.</p>