

Important Notice

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What do you know about colds and flu?

- | What do you know about colds and flu? | True | False |
|---|--------------------------|--------------------------|
| 1. Different types of germs cause colds and flu. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Washing your hands does not help get rid of germs. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. When you wash your hands, you should scrub with soap and water for at least 20 seconds. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. It's OK to sneeze or cough into your hands. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. You should move at least 3 feet away from someone before coughing or sneezing. | <input type="checkbox"/> | <input type="checkbox"/> |

- | What do you think about colds and flu? | Agree | Disagree | Don't Know |
|---|--------------------------|--------------------------|--------------------------|
| A. Germs can spread easily. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| B. You can't do anything to help stop germs. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| C. Flu shots don't really help stop the flu. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| D. Blowing your nose the right way helps keep germs from spreading. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| E. You should not share personal items, such as utensils, cups and towels. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

What questions do you have about colds and flu?

Did your answers change?

This will help us see what you learned. Answer these questions. Have your answers changed?

What do you know about colds and flu?

True False

- 1. Different types of germs cause colds and flu.
- 2. Washing your hands does not help get rid of germs.
- 3. When you wash your hands, you should scrub with soap and water for at least 20 seconds.
- 4. It's OK to sneeze or cough into your hands.
- 5. You should move at least 3 feet away from someone before coughing or sneezing.

What do you think about colds and flu?

Agree Disagree Don't Know

- A. Germs can spread easily.
- B. You can't do anything to help stop germs.
- C. Flu shots don't really help stop the flu.
- D. Blowing your nose the right way helps keep germs from spreading.
- E. You should not share personal items, such as utensils, cups and towels.

Did your questions about colds and flu get answered?

If you still have questions, talk to your teacher, your parent or your health-care provider.

Activity

Activity #1: What should have been done? (slide 18)

Give a copy of this page to each group.

Read each of these stories. Decide together what each character did incorrectly, and how those actions could help spread germs. Then decide what you would do instead if you were that character.

Water is good enough this time.

Mark helped cook dinner with his mom one night. He washed his hands using soap and warm water before getting the chicken out of the refrigerator. He opened the package and placed each piece on the cutting board for his mom to cut.

“Now wash your hands again,” Mark’s mom said.

Mark went to the sink and put his hands under the water. “Water is good enough this time,” he said to himself, ignoring the soap. Then he dried his hands with a towel.

I’m in a hurry.

Serena had to go to her friend’s house to work on their science project. When she was getting her things ready, her dog Rex came inside and ran up to her.

“Hey, Rex,” Serena said, patting her dog.

Serena got everything ready and went to wash her hands, but her mom was telling her to hurry up or she would be late. Serena washed her hands with soap and scrubbed for a few seconds before rinsing and drying her hands.

Who needs a new towel?

Andre had been sneezing all day. He carried around a pack of tissues that he used each time he sneezed, but he ran out by the evening.

Andre was in the kitchen getting ready to take out the trash when suddenly he had to sneeze. All he could grab was a dish towel, which he sneezed into. He then put the dish towel back.

After taking out the garbage, Andre came back and washed his hands with soap and warm water, being careful to scrub for at least 20 seconds. After rinsing his hands, Andre saw that there were no paper towels, so he dried his hands with the dish towel instead.

Activity #2: A tale of two students (slide 27)

Give a copy of this page to each group.

Rewrite Alan's story so that he uses healthy habits and keeps away from Tim's germs. For Sarah's story, pretend you are Sarah. Write down what you would tell your friends who think you're too clean. Ask everyone in the group to contribute at least one idea.

Alan's story

Sarah's story

Activity

Activity #3: A healthier school (slide 34)

Use this activity sheet to guide you through this activity.

This is a group brainstorming activity. If you have a chalkboard or large sheet of paper that students can see, write their ideas as they say them. Start by introducing the activity.

Let's talk about all the ways we could help stop germs from spreading in our school. What types of things could we do around the classroom and the school to help make this a healthier place?

Encourage students to share their creative ideas about stopping germs. If students don't suggest ideas, prompt them with some ideas that you think they may relate to, such as:

- Could we put a clock next to the sinks to help us time how long we've scrubbed our hands?
- Could we have bottles of hand sanitizer in more places around the classroom or school?
- Could we have tissues in more places around the classroom or school?

As the students generate ideas, guide them to suggest ways that students and school officials could carry out these ideas throughout the year. Ask questions such as:

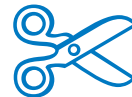
- Who would be in charge of making sure the tissues or hand sanitizer did not run out?
- Could there be a time (or a few times) set aside every day for students to wash their hands? (For example, students could wash their hands right after free time or right before lunch.)
- Could we make posters showing the correct steps for hand washing and covering a cough or a sneeze? Where could we put these around the classroom or school to help remind students to practice healthy habits?

Activity #4: Role-play (slide 40)

Give one copy of this page to each volunteer and tell him or her which role he or she will play.

OR

Cut out the description of each part. Give it to the volunteer who will play that part.



Character One

Your role is to play Amy, a girl who just coughed into her hands. She was going to wash her hands when she noticed a poster in the hallway about an upcoming field trip. She read it, forgetting all about the germs on her hands.

Character Two

Your role is to play Jason, Amy's friend. Jason is walking down the hall when he sees Amy reading a poster. He walks up to her and congratulates her on having the highest grade in the class on a recent test. As he does this, he gives her a high-five.

Character Three

Your role is to play Naomi. You see Amy cough into her hands. You also see Jason give Amy a high-five as they are talking. You go over to them and talk about how germs can spread from person to person. You also talk about the right way to wash hands.

Activity

Activity #5: The last time I was sick (slide 50)

Give a copy of this page to each member of the audience.

Think of the last time you were sick. Answer each of the questions in the spaces provided. You can take this page home to work on with your parent or guardian.

What did I do to get better?

What else could I have done?

What can I do differently the next time I'm sick?

Activity #6: A healthier lifestyle (slide 54)

Give a copy of this page to each member of the audience.

Having a healthy lifestyle is easier when your whole family is involved. Answer each of the questions below. You can take this home to work on with your parent or guardian.

1. What types of fruits and vegetables does everyone in my family enjoy?

2. When can my family eat more fruits and vegetables? (For example, have fruit at breakfast or include certain vegetables with dinner.)

3. What healthy snacks (rice cakes, carrot sticks, low-fat yogurt, nut mix, etc.) does my family enjoy?

4. What physical activities could my family do together?

5. When does my family have time to participate in the activities listed above?

Activity #7: Creating an emergency kit (slide 59)

Give a copy of this page to each member of the audience.

With your parent or guardian, create an emergency kit in case your family needs to stay home during a flu pandemic, flood, hurricane or blizzard, for example. In a cool, dry spot, store enough supplies for at least 2 weeks. Use large, sealable containers to protect food. Replace items once or twice a year—check the “use by” date on labels. Use this checklist to get started. Learn more at www.pandemicflu.gov and www.ready.gov.

- Drinking water**—at least 1 gallon per person per day, extra for pets.
 - Food**—items that don’t need refrigeration and that are easy to prepare. Examples:
 - canned soup, stew, fruit, vegetables and juice
 - crackers, cereal, peanut butter and protein bars
 - baby food or formula, if needed
 - pet food, if needed
 - _____
 - _____
 - _____
 - Household goods**—examples:
 - flashlight
 - portable radio
 - spare batteries
 - manual can opener
 - soap and alcohol-based hand sanitizer
 - garbage bags
 - knife and scissors
 - plates, bowls and utensils
 - _____
 - _____
 - _____
 - Personal supplies**—examples:
 - tissues
 - toilet paper
 - disposable diapers, if needed
 - feminine hygiene products
 - _____
 - _____
 - _____
 - Medical supplies**—examples:
 - over-the-counter medication for fever or pain relief, such as acetaminophen or ibuprofen*
 - prescription drugs and supplies (for diabetes, asthma, etc.)
 - thermometer
 - protective masks (may provide some protection against flu; talk to your health-care provider)
 - _____
 - _____
 - _____
- What else could you need?**
- _____
 - _____
 - _____

*Aspirin can be dangerous for people under age 20. They should not take any without first checking with their health-care provider.