

Important Notice

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Survey #1

This is not a test!

These are some quick, simple questions to get you thinking about preventing colds and flu.

You will get a second survey after the presentation.

1. What can you do to prevent the spread of germs?
 - a. Cover coughs and sneezes.
 - b. Don't share personal items.
 - c. Wash your hands.
 - d. All of the above.
2. Touching your eyes, nose or mouth is always a harmless habit.
 - True
 - False
3. Colds and flu are caused by germs called:
 - a. bacteria
 - b. viruses
 - c. genomes
4. When washing your hands, you should scrub your hands with soap for at least 20 seconds.
 - True
 - False

5. What are some of the different ways germs can spread?

6. You should wash your hands when they look dirty. But there are other times you should wash your hands, too. What are some of those times?

This is not a test either!

This will help us see how successful this presentation has been. Compare your answers here with those from Survey #1. Have they changed?

Thanks!

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5. What are some of the different ways germs can spread?

6. You should wash your hands when they look dirty. But there are other times you should wash your hands, too. What are some of those times?

7. What would you like to change about your hygiene habits?

Activity

Activity #1: Could germs be headed your way? (slide 16)

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

Which of the following have you done in the past week?

- I've been near someone who is sick.
- I've been at a public place (such as school).
- I've been near someone who was coughing or sneezing.
- I've kissed someone (or have been kissed by someone).
- I've shaken hands with someone.
- I've given someone a high five.
- I've used a phone that other people use.
- I've touched a doorknob.
- I've touched my desk at school.
- I've touched a table at school or at home.
- I've used the handrails on a flight of stairs.
- I've been in a room (such as a classroom) with many other people.
- I've rubbed my eyes.
- I've bitten my nails.
- I've touched my face near my eyes, nose or mouth.

Activity #3: What are your habits? (slide 35)

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

Which of the following have you done in the past week?

1. I coughed into a tissue or my upper sleeve.
 True False
2. I sneezed into a tissue or my upper sleeve.
 True False
3. I washed my hands often.
 True False
4. I stayed at least 3 feet away from people who were coughing or sneezing.
 True False
5. I didn't share food or personal items with anyone.
 True False
6. I was careful not to touch my eyes, nose or mouth.
 True False
7. I cleaned and disinfected surfaces that might have germs.
 True False
8. I used hand sanitizer when there was no soap and water to wash my hands.
 True False

Activity #4: Are you helping your body stay healthy? (slide 48)

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

Write down the food and drinks you had and the physical activity you did for 3 days.

Day 1

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Physical Activities _____
(include total minutes) _____

Day 2

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Physical Activities _____
(include total minutes) _____

Day 3

Breakfast _____
Lunch _____
Dinner _____
Snacks _____

Physical Activities _____
(include total minutes) _____

After 3 days, ask yourself:

How do my eating and physical activity habits compare with the recommendations at www.MyPyramid.gov?

What habits do I want to change? _____

Activity #5: Creating an emergency kit (slide 54)

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

With your parents, 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.