



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Sooner or later, it seems like everybody catches a cold or flu during the school year. The following activities will help your students protect themselves from colds and flu and avoid missing important class time.

Related KidsHealth Links

Articles for Kids:

Chilling Out With Colds

KidsHealth.org/en/kids/colds.html

Flu Center

KidsHealth.org/en/kids/center/flu-center.html

Why Do I Need to Wash My Hands?

KidsHealth.org/en/kids/wash-hands.html

Articles for Teens:

Coping With Colds

TeensHealth.org/en/teens/colds.html

Flu Center

TeensHealth.org/en/teens/center/flu-center.html

Hand Washing

TeensHealth.org/en/teens/handwashing.html

Article for Teachers:

Tips From School Nurses on Keeping Students Healthy

KidsHealth.org/en/parents/healthy-nurse-tips.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. How do people catch colds? What about the flu?
2. What are the symptoms of a cold? How long can a cold last? What are the symptoms of the flu? How long can the flu last?
3. What system in your body is responsible for fighting off a cold or flu?
4. What can you do to avoid getting a cold? The flu?
5. How do immunizations work?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Flu Factsheet

Objectives:

Students will:

- Identify signs and symptoms of the flu
- Write a factsheet about flu symptoms, treatments, and prevention

Materials:

- Computer with Internet access
- KidsHealth.org articles about the flu
- “Flu Factsheet” handout
- Pens, colored markers

Class Time:

- 45 minutes

Activity:

Today our job is to create a factsheet that informs students about the flu and how to avoid getting or spreading it. After reading the flu-related articles at KidsHealth.org, create a factsheet that can be posted throughout school. Be sure to cover this information, with two or three brief, clear, and easy-to-read phrases or sentences in each box:

- Basics (what it is, what causes it, how long it can last)
- Signs and symptoms
- Prevention (how to avoid getting and spreading the flu)
- Treatment (what to do if you get the flu)

Extension:

Create large, colorful posters for the school hallways to remind everyone to get their flu vaccines.



Act 1: Achool!

Objectives:

Students will:

- Identify the signs and symptoms of the common cold
- Role play how to avoid catching colds as well as how to relieve cold symptoms

Materials:

- Computer with Internet access
- KidsHealth.org article on colds

Class Time:

- 1 hour

Activity:

Ever wake up and find that you don't even have the energy to get out of bed? Your head hurts and your nose is stuffy? It's fairly obvious you have a cold. But there's a school dance tonight and it looks like you'll be missing it. After reading the KidsHealth.org article about colds, role play a situation with a partner about having a cold and having to miss a school dance because you feel so lousy. Be sure to act out the symptoms, how to relieve them, why it's important to stay home and avoid spreading germs, and the things you can do in the future to avoid catching a cold so you don't miss the next school dance.

Extension:

Make posters with images and text to show ways to avoid catching and spreading colds (hand washing, sneezing or coughing into a tissue or your elbow, etc.). Make sure to include a catchy slogan as a title.

Reproducible Materials

Handout: Flu Factsheet

KidsHealth.org/classroom/6to8/problems/conditions/colds_flu_handout1.pdf

Quiz: Colds and Flu

KidsHealth.org/classroom/6to8/problems/conditions/colds_flu_quiz.pdf

Answer Key: Colds and Flu

KidsHealth.org/classroom/6to8/problems/conditions/colds_flu_quiz_answers.pdf

Flu Factsheet

The image shows four overlapping index cards, each with a grey tab at the top containing a label. The cards are arranged in a slightly overlapping, fan-like pattern. The labels are: 'Basics' (top-left card), 'Symptoms' (top-right card), 'Prevention' (bottom-left card), and 'Treatment' (bottom-right card). Each card has a large, empty rectangular area below the label for writing.

Name: _____

Date: _____



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. What causes colds?
 - a. not dressing warmly when it's chilly
 - b. microscopic viruses in the air or on things you touch
 - c. sitting or sleeping in a draft
 - d. going outside with wet hair
2. List three cold symptoms:

3. True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.
4. After you have a cold, you're still contagious for _____ days.
5. Name two things you can do to ease cold symptoms:

6. True or false: The best way to prevent yourself from catching a cold is to wash your hands frequently.
7. Flu is the common name for influenza, a virus that infects the:
 - a. respiratory system
 - b. cardiovascular system
 - c. nervous system
 - d. digestive system
8. True or false: Someone who has the flu can spread it by sneezing, coughing, or speaking.
9. List three symptoms of the flu:

10. The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for all people age _____ and older.
11. EXTRA CREDIT #1: CDC headquarters are in _____.
12. EXTRA CREDIT #2: A sneeze can shoot mucus out of your nose at up to _____ miles per hour.
13. EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
 - a. 3
 - b. 12
 - c. 25



Quiz Answer Key

- What causes colds?
 - not dressing warmly when it's chilly
 - microscopic viruses in the air or on things you touch
 - sitting or sleeping in a draft
 - going outside with wet hair
- List three cold symptoms:
Any three of the following: coughing, sneezing, stuffy or runny nose, tiredness, headaches

- True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.
- After you have a cold, you're still contagious for 3 or 4 days.
- Name two things you can do to ease cold symptoms:
Any two of the following: drink lots of fluids, get lots of sleep, take a warm bath or shower

- True or false: The best way to prevent yourself from catching a cold is to wash your hands frequently.
- Flu is the common name for influenza, a virus that infects the:
 - respiratory system
 - cardiovascular system
 - nervous system
 - digestive system
- True or false: Someone who has the flu can spread it by sneezing, coughing, or speaking.
- List three symptoms of the flu:
Any three of the following: headache, sore throat, fever, chills, muscle aches, dry cough, tiredness, loss of appetite, vomiting, abdominal pain, diarrhea

- The Centers for Disease Control and Prevention (CDC) recommends the flu vaccine for all people age 6 months and older.
- EXTRA CREDIT #1: CDC headquarters are in Atlanta.
- EXTRA CREDIT #2: A sneeze can shoot mucus out of your nose at up to 100 miles per hour.
- EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
 - 3
 - 12
 - 25