



[KidsHealth.org/classroom](http://KidsHealth.org/classroom)

## Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

## 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](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

Most teens get between two and four colds a year. They may also get the flu if they're not vaccinated. The following activities will help your students learn the importance of protecting themselves from colds and flu so they can avoid missing class time.

## Related KidsHealth Links

### Articles for Teens:

#### Coping With Colds

[TeensHealth.org/en/teens/colds.html](http://TeensHealth.org/en/teens/colds.html)

#### Flu Center

[TeensHealth.org/en/teens/center/flu-center.html](http://TeensHealth.org/en/teens/center/flu-center.html)

#### Hand Washing

[TeensHealth.org/en/teens/handwashing.html](http://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](http://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. What's the difference between a cold and the flu? How would you know which illness you have?
2. Name some ways cold and flu germs are spread.
3. How can you protect yourself against colds and the flu?
4. If the immune system does such a great job of keeping people healthy and preventing infections, why do teens still get colds or flu?
5. Who should be immunized against the flu?
6. Why do people need to get a flu shot every year?



## Activities for Students

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

### Flu Fighter Poster

#### Objectives:

Students will:

- Learn how immunizations work and the importance of getting an annual flu vaccine
- Identify specific groups of people who could get seriously ill from the flu if they're not vaccinated

#### Materials:

- Computer with Internet access
- Poster board or large paper
- Markers
- Old magazines

#### Class Time:

- 1 hour

#### Activity:

Doctors now say all teens need to get vaccinated against the flu, either with a shot or nasal spray. You can help get the word out by creating a poster to remind students to get immunized. Read the article “The Flu Vaccine” and other flu-related articles at [TeensHealth.org/en/teens/center/flu-center.html](http://TeensHealth.org/en/teens/center/flu-center.html). Use persuasive language and pictures or photos on your poster to convey the importance of getting protected from the flu with the flu vaccine. Include a catchy slogan that will help students remember your message.

#### Extension:

Have students research why some people decline to get immunized against the flu and other illnesses, then lead a class discussion on the topic.



## Chicken Soup for the Cold

### Objectives:

Students will:

- Learn symptoms, prevention methods, and treatments for the common cold

### Materials:

- Thin-point permanent markers
- Index cards
- Old magnets or magnetic strips

### Class Time:

- 1 hour

### Activity:

Imagine that you wake up and you don't even have the energy to get out of bed. Your head hurts and your nose is stuffy. It doesn't take long to realize you have a cold. So what can you do to feel better and get on with your life? Read the TeensHealth.org article "Coping with Colds," and make a fridge magnet that lists at least 5 things you can do to feel better. Collect your favorite cold remedies and then copy them onto an index card, attach a magnet, and voilà! You'll have your feel-better reminder list for the next time you or a family member catches a cold.

### Extensions:

1. After students read "Coping With Colds," have them take the online quiz "Infections: What Do You Know?"
2. Have students make a colds and flu prevention reminder magnet for their desks, lockers, or homes listing the top 5 ways to avoid infection.

## Reproducible Materials

### Quiz: Colds and Flu

[KidsHealth.org/classroom/9to12/problems/conditions/colds\\_flu\\_quiz.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/colds_flu_quiz.pdf)

### Answer Key: Colds and Flu

[KidsHealth.org/classroom/9to12/problems/conditions/colds\\_flu\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/9to12/problems/conditions/colds_flu_quiz_answers.pdf)



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

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Symptoms of the flu include:
  - fever
  - body aches
  - headaches
  - tiredness
  - all of the above
- The flu is spread through the air when a person who has the virus \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_.
- Flu season is from from \_\_\_\_\_ to \_\_\_\_\_.
- True or false: All people age 6 months and older should get an annual flu vaccine.
- 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:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- True or false: Rhinoviruses can stay alive as droplets in the air or on surfaces for 3 hours or more.
- Most colds last for about \_\_\_\_\_.
- Name three things you can do that can ease cold symptoms:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- True or false: Colds and the flu can be prevented by washing your hands.
- EXTRA CREDIT #1: The "rhino" in rhinovirus is derived from the Greek word for \_\_\_\_\_.
- EXTRA CREDIT #2: The word "influenza" comes from the Italian word meaning " \_\_\_\_\_ " of the stars.
- 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



## Quiz Answer Key

- Symptoms of the flu include:
  - fever
  - body aches
  - headaches
  - tiredness
  - all of the above
- The flu is spread through the air when a person who has the virus coughs, sneezes, or speaks.
- Flu season is from from October to May.
- True or false: All people age 6 months and older should get an annual flu vaccine.
- 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.
- Most colds last for about 1 week.
- Name three things you can do that can ease cold symptoms:  
Any three of the following: drink extra fluids, get extra sleep, take a warm bath or shower, take acetaminophen  
\_\_\_\_\_  
\_\_\_\_\_
- True or false: Colds and the flu can be prevented by washing your hands.
- EXTRA CREDIT #1: The “rhino” in rhinovirus is derived from the Greek word for nose.
- EXTRA CREDIT #2: The word “influenza” comes from the Italian word meaning “influence” of the stars.
- EXTRA CREDIT #3: Virus particles can travel this many feet through the air when someone who has a cold coughs or sneezes:
  - 3
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