

## Cool Tool – H1N1

Setting – at school

Lesson focus – Respect self and others, be safe and stay healthy

**Purpose of the lesson:** 1. Develop understanding of H1N1 virus and how to prevent spread of virus.  
2. Understand ways to stay healthy and how this affects others.

**Discussion Points:** Ask students to agree or disagree with the following statements. Many students have heard of the Swine flu/H1N1 flu but aren't aware of the facts.

1. Only sick people or old people will get the H1N1 flu.
2. I only have 3 minutes to get to class. How will I be able to wash my hands after using the bathroom?
3. I am hungry at lunch. I don't have time to wash my hands.
4. Sneezing on my neighbor is fun. You should see the look on her face!
5. I don't want to stay home when I just have a fever. I will miss out on all the BEST gossip or I will miss our game, after school.

After discussion-talk about the facts. Use the attached sheets to guide your lesson.

Points you **MUST** include:

1. Hand washing techniques- Instruct students to wash hands long and often. They must use soap and water and wash long enough to finish singing the ABC song. Also, use of alcohol based sanitizers helps.

2. Coughing precautions- Teach students to cough into their elbows or shoulders. If they have coughed into their hands, instruct them to use hand sanitizer. Cough away from others.
3. Know flu symptoms: fever, cough, runny nose, sneezing, body aches, and chills. Stay home if you have a fever and do not return to school unless you have been free of fever for, at least 24 hours. (Stress that fever is a key symptom and usually 10 degrees or above). Fever free means fever without the use of medication such as Tylenol or Motrin.
4. Keep hands, fingers, pens, pencils or such objects out of your mouth. Chewing nails, pencils and pens can cause germs to spread or enter your mouth. This makes you more prone to illness.
5. Maintain a healthy diet by eating a variety of nutritious foods. Get plenty of rest by getting to sleep at a reasonable time. Exercise and think about staying healthy. This will reduce your chances of getting sick, this year.

Follow-up;

1. Remind students to follow these healthy tips or guidelines.
2. Let students know you appreciate that they are doing their part to keep themselves and others healthy.