DEAR EDUCATOR,

Welcome to your Flu Awareness Kit, compliments of the Ottawa County Health Department. Each year many people become sick with the flu. While common, the flu can be extremely serious and even fatal. Furthermore, when students miss school because they are ill, they miss out on learning. Your Flu Awareness Kit is filled with Granny’s goodies and lessons to keep you and your students healthy this year. Among the goodies included in this kit are the educational materials and interactive computer game found upon this CD.

This disk contains four lessons, each teaching an important method of preventing the flu. Also on the disk are worksheets for various skill levels that relate to each lesson. Because your school day is already busy, the lessons are intended to be brief. If you wish to supplement the lessons, we encourage you to utilize the complimentary materials and activities available at www.miOttawa.org/flu. There you can also complete a feedback form that enters you to win a “Classroom Care Kit” complete with tissues, soap, sanitizer, and other items to help you through the flu season. The topics include:

LESSON 1: WASH YOUR HANDS
LESSON 2: COVER YOUR COUGH
LESSON 3: STAY HOME WHEN YOU ARE SICK
LESSON 4: GET YOUR FLU SHOT—PLUS PARENT HANDOUT

Also on this CD is an interactive computer game, modeled after the popular ladder and slide childhood game.

Instructions: Click start to begin. Click the dice to roll. Granny will automatically move the number of spaces rolled. If Granny lands on a ladder, a flu prevention behavior is rewarded. If Granny lands on a slide space, a risky behavior sends her down the slide. Click the dice between moves to continue the game until Granny reaches space 100.

The Ottawa County Health Department hopes you find the materials useful and educational. If you have any questions or require any further assistance, please email sfelgner@co.ottawa.mi.us or call 494-5597.

Thank You.

The Ottawa County Health Department
www.miOttawa.org/flu
Granny Always Says…
FOR THE UMPTEENTH TIME:
WASH YOUR HANDS.

HAND-WASHING

OBJECTIVES:
Students will understand that hand washing is important to preventing illness.
Students will use proper hand washing techniques.

ASK STUDENTS:
Why is it important to wash our hands?
• Be sure students include:
  To wash away the germs so we don’t catch illnesses from others
  So we do not spread germs that cause illnesses to others
  (They will probably have many more good reasons!)
• Terms such as bacteria and viruses, instead of germs, may be more appropriate
  with older students.
• Younger students may need an explanation of germs including:
  Germs are everywhere.
  Germs are so small we cannot see them.
  Germs can make you sick with illnesses like colds, flu, and many other diseases.
  Germs can be washed off.

When should you wash your hands?
• Be sure students include:
  Before eating  After blowing your nose, coughing or sneezing
  After eating  Before and after cooking food
  After playing outside  After helping a sibling blow their nose
  After going to the bathroom  After helping change a baby diaper
  Before holding a young baby  After being around someone who is sick
  After playing with pets

  (You can probably think of many more occasions!)
We ALL need to wash our hands more than we do!

Hand washing is the single most effective way of stopping the spread of illness!

PROPER HAND WASHING REQUIRES FOUR THINGS:
• Soap
• Friction (Rubbing)
• Running Water
• Time
SOAP: Soaps allow dirt and germs to more easily be washed away by the running water. (Visit our website at www.miOttawa.org/flu to view “Spice It Up, Granny,” a classroom activity idea symbolizing how soap helps wash away germs.)

FRICTION/RUBBING: It is important to rub hands together. Lather up the soap and rub together all the parts of the hands. Have students list the parts and areas. Be sure they include: palms, backs of hands, fingers, between fingers, fingernails, and wrists. You may also choose to tell students that anti-bacterial soap is a good choice for washing away the germs.

RUNNING WATER: Hands should be held under running water to wash the germs away. If the water supply is one that shuts off too quickly after you turn it on, lobby your building custodian to alter the timing of the shut-off mechanism.
• Have older students time the shut off of the faucets and find the average run time of all of the sinks in the school restroom.

TIME: The amount of time required to do a good job of hand washing is 20 seconds. Use Granny’s Washing Song to help your students know how long to wash their hands.
  • Granny’s Washing Song (Slowly sing to the tune of Row, Row, Row Your Boat.)
    Wash, Wash, Wash your hands.
    Rub them well with soap.
    Granny says to sing this twice and germs will have no hope!

PRACTICE:
Have students line up and practice washing their hands using soap, rubbing while slowly singing Granny’s Washing Song twice, rinsing well, and drying with a paper towel.

REINFORCE:
Use the handouts, activities, and prizes included in Granny’s Goody Box and on the CD to teach, reinforce, and reward good hand washing behaviors.

OTHER INFORMATION ABOUT HAND WASHING FOR TEACHER REFERENCE:
MUST YOU USE WARM WATER?
If the temperature of the water was hot enough to kill germs, it would scald the skin. Therefore, temperature is only a comfort measure.

IS LIQUID SOAP BETTER THAN BAR SOAP?
Liquid soap dispensers offer a cleaner soap supply than bar soap. However, germs do not find soap bars to be an ideal environment in which to multiply.

FOR MORE CLASSROOM ACTIVITIES, IDEAS, INFORMATION ABOUT FLU PREVENTION, AND TO COMMENT ON GRANNY’S GOODY BOX VISIT www.miOttawa.org/flu. YOUR FEEDBACK registers your classroom to win a “CLASSROOM CARE KIT” WITH TISSUES, SOAP, AND OTHER ITEMS TO GET YOU THROUGH THE FLU SEASON.
Granny Always Says…
FOR GOODNESS SAKEs:
COVER YOUR MOUTH WHEN YOU SNEEZE.

COVERING YOUR COUGH

OBJECTIVES:
Students will understand the importance of covering coughs and sneezes to help prevent illness. Students will use proper cough and sneeze covering techniques.

ASK STUDENTS:
Why is it important to cover our mouths when we cough or sneeze?
  • Be sure students include:
    To prevent the germs inside our bodies from being spread to others and our surroundings when we cough or sneeze.
      (They will probably have many more good reasons!)
  • Terms such as bacteria and viruses, instead of germs, may be more appropriate with older students.
  • Younger students may need an explanation of germs including:
    Germs are everywhere.
    Germs are so small we cannot see them.
    Germs can make you sick with illnesses like colds, flu, and many other diseases.
    Germs can be washed off.

DEMONSTRATION:
Explain that you will be demonstrating what happens if they do not cover their sneezes.
Sprinkle a little baby powder on the palm of your hand, then pretend to sneeze on it.
Ask the students:
  What happened to the powder?
  How are germs like the powder?

PROPER COUGH AND SNEEZE COVERING REQUIRES THREE THINGS:
Cover your nose and mouth with a tissue or inner elbow when coughing or sneezing.
Throw used tissues in the trash as soon as you can.
Always wash your hands after sneezing, coughing, or blowing your nose.

Use Granny’s Good Advice to help your students remember how to sneeze and cough properly.
Granny’s Good Advice:
  When I cough or sneeze “achoo,”
  I don’t want to get any germs on you.
  A tissue is best for germs to go.
  When one’s not near I’ll use my elbow.
Granny Always Says…
FOR GOODNESS SAKES:
COVER YOUR MOUTH WHEN YOU SNEEZE. (Continued)

PRACTICE:
Show students how to sneeze properly into their elbow. Have students practice sneezing into their elbows.

REINFORCE:
Use the handouts, activities, and prizes included in Granny’s Goody Box and on the CD to teach, reinforce, and reward proper cough covering behaviors. (Visit our website at www.miOttawa.org/flu to view “Cover That Sneeze Please,” a classroom project reminding students to cover their coughs and sneezes.)

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Ottawa County
Health Department
Granny Always Says…
YOU'RE OLD ENOUGH TO KNOW BETTER:
DON’T GO TO SCHOOL SICK.

STAYING HOME WHEN YOU ARE SICK

OBJECTIVES:
Students will understand the differences between when they should go to school and when they should stay home because of illness.

ASK STUDENTS:
When shouldn’t you come to school?

• Be sure students include:
  When they are sick
  (They may have other good answers, such as when they have go to the doctor.)

Why shouldn’t students come to school when they are sick?

• So they do not spread around their germs and make other people sick
• Because they cannot concentrate and learn well
• Because they need to be resting in order to get well faster

If you are at home sick, what should you do?

• Sleep
• Rest
• Eat healthy
• Drink a lot of water and fruit juice
• Take medicine that your mom, dad, doctor, or other trusted adult gives to you.
Granny Always Says…

YOU’RE OLD ENOUGH TO KNOW BETTER:
DON’T GO TO SCHOOL SICK. (Continued)

PRACTICE:
Read the following stories aloud. Ask your students to determine if the children in the story should
or should not go to school.

• Brian was up late last night playing his new video game. He woke up very tired and does not feel
like getting out of bed. He wants to keep sleeping. Should Brian go to school?

• Lisa loves to play outside on the playground. She spent all recess on the monkey bars and finally
got across by herself with no help! She was so excited! While her friends were washing their
hands, she was sharing her story and did not wash her own hands. But now Lisa woke in the
morning sneezing and has a fever. Should Lisa go to school?

• Jennifer is not very fond of math. She tries really hard, but it’s a lot of work. Last night Jennifer
was working on her homework when her neighbor Sue asked her to play. Jennifer wasn’t finished
with her math homework, but decided to go play with Sue. When Jennifer got home, it was
dinner time, and then time for bed. The math homework never got finished. Jennifer awoke in the
morning and realized she forgot to finish her homework. Should Jennifer go to school?

• Chris was so excited about school today. It’s show and tell day and Chris was going to bring in
the carved, wooden elephant his uncle brought him from a safari in Africa. Chris woke up with
body aches and a sore throat. Chris really wants to go to school. Should he go?

• Make up your own scenarios to help children learn when they should and shouldn’t go to school.

REINFORCE:
Use the other handouts, activities, and prizes included in Granny’s Goody Box and on the CD to
teach and reinforce behaviors.

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TO COMMENT ON GRANNY’S GOODY BOX VISIT  www.miOttawa.org/flu. YOUR FEEDBACK
REGISTERS YOUR CLASSROOM TO WIN A “CLASSROOM CARE KIT” WITH TISSUES, SOAP,
AND OTHER ITEMS TO GET YOU THROUGH THE FLU SEASON.

Ottawa County
Health Department
Granny Always Says…
FOR CRYING OUT LOUD:
GET YOUR FLU SHOT.

FLU VACCINES

OBJECTIVES:
Students will understand that flu vaccines are an important way to help prevent the flu. Students will advocate that they and their family members get the flu vaccine.

ASK STUDENTS:
How is flu spread?

• Be sure students include:
  - When people cough or sneeze flu germs and the germs are inhaled by others
  - When people touch surfaces containing germs that cause the flu and do not wash their hands before touching their mouths and eyes

• Terms such as bacteria and viruses, instead of germs, may be more appropriate with older students.

• Younger students may need an explanation of germs including:
  - Germs are everywhere.
  - Germs are so small we cannot see them.
  - Germs can make you sick with illnesses like colds, flu, and many other diseases.
  - Germs can be washed off.

What things have we learned to do to prevent spreading germs and viruses like the flu?

• Washing hands
• Covering coughs
• Staying home when you are sick

Tell students that another way to prevent the flu is with a shot, or vaccine from a doctor or nurse.

Almost everyone can and should get a flu vaccine, but some people should always get one. These people include:

• Anyone who has an illness/chronic disease
  (some examples that children may recognize include asthma, cancer, or diabetes)
• Anyone who has a brother, sister, or parent who has an illness/chronic disease
  (some examples that children may recognize include asthma, cancer, or diabetes)
• People over age 50, like many of your grandparents.
  (Flu Granny ALWAYS gets her flu shot.)
• Babies and their brothers and sisters
• Pregnant women
• Nurses and doctors
PRACTICE:
Most people don’t like getting shots, but they can help us stay healthy!

Learn Granny’s Flu Shot Rhyme:
This little kiddy went to school.
This little kiddy had fun.
This little kiddy got his flu shot.
The other little kiddy did not.
So the other little kiddy went sneeze, sneeze, sneeze all the way home!

Have students draw pictures of the fun things they do in school when they stay healthy by following Granny’s tips.

REINFORCE:
A handout for parents is also included to accompany this lesson. The handout will assist parents with making the decision on whether or not to vaccinate their children. Use the other handouts, activities, and prizes included in Granny’s Goody Box and on the CD to teach and reinforce behaviors.

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Ottawa County
Health Department
HELPFUL ADVICE FOR PARENTS ABOUT PREVENTING THE SPREAD OF THE FLU

Each year, many people become sick with the flu. This common disease can be very serious and even deadly. Your child has been learning ways to help prevent the spread of the flu, such as washing their hands, covering their coughs and sneezes, and staying home when they are sick.

The best way to prevent the flu is to get a flu vaccine! If you or your child has not received a flu vaccine this year, consider making an appointment with your health care provider today. Below you will find tips and additional information to help keep your entire family healthy this flu season.

REPORTING FLU TO SCHOOL
The Ottawa County Health Department tracks flu in the community by monitoring school absences. You can help the Health Department more accurately monitor flu activity. If your child will miss school due to an illness, use the term “flu” to describe illnesses with the symptoms listed below when calling the school. Nausea, vomiting, or diarrhea is usually not the flu.

PREVENT THE FLU
• Get a flu vaccine
• Cover coughs & sneezes with inner elbow
• Wash your hands
• Stay home when you are sick
• Avoid close contact with others who are sick
• Avoid touching your mouth, nose, and eyes
• Keep up your immunity with
  Good nutrition
  Enough sleep
  Regular exercise

For more information about flu prevention, visit: www.miOttawa.org/flu.

RECOGNIZE THE FLU
• What flu is:
  Fever
  Muscle aches
  Headache & head congestion
  Extreme tiredness
  Dry cough
  Sore throat
• What flu is not:
  Nausea, vomiting, or diarrhea

When reporting illnesses to school, please DO NOT use the term “flu” for stomach illnesses.

Thank You.

The Ottawa County Health Department
www.miOttawa.org/flu