

Lesson 5

Preventing Colds and Fighting Germs

Overview

This lesson teaches about preventing colds and other communicable diseases. Students learn about how germs can cause infections by listening to a story. They view a picture of a classroom to identify all the ways germs could spread, and come up with simple rules that can help prevent the spread of germs. The teacher models the steps for proper handwashing and then students work with a partner to practice. They take home a family sheet to help them discuss preventing colds with their parents or guardians.

Time: 50 minutes

Lesson Objectives

Students will be able to:

1. Identify different ways that disease-causing germs are transmitted.
2. Identify ways to prevent the spread of germs that cause common infectious diseases.
3. Demonstrate the steps for proper handwashing.

Healthy Behavior Outcomes

PHW2: Practice appropriate hygiene habits.

PHW6: Practice behaviors that prevent infectious disease.

PHW-9: Practice behaviors that prevent food-borne illnesses.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator

1.2.1: Identify that healthy behaviors impact personal health.

Performance Indicator

1.2.3: Describe ways to prevent communicable diseases.

Standard 7: Practicing Health-Enhancing Behaviors

Performance Indicator

7.2.1: Demonstrate healthy practices and behaviors to maintain or improve personal health.

Materials & Preparation

- Review **Images 5A–C**.
- Review the **Cold Germ Story** teacher page.
- Prepare **My Rules to Stop Germs** activity sheet (Master 5A), **Washing Hands Checklist** activity sheet (Master 5B), and **Table Talk: Preventing Family Colds** family sheet (Master 5C) for each student.
- Have crayons or markers available for students.
- Arrange access to a sink or basin, soap, warm water and paper towels.

Teaching Steps

Show Image 5A

Look at this picture. What do you see?

Summarize

The word says “Germs.” There is a picture of a germ. There is also a picture of a child with a cold who is sneezing, someone touching a door handle, and two students sharing crayons.

Ask & Discuss

What do you know about germs?

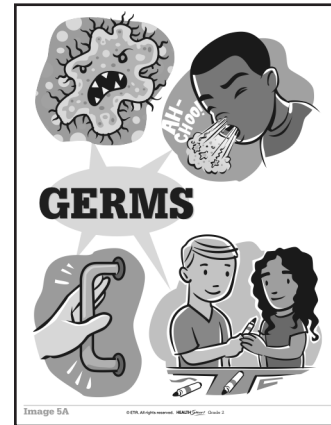


Image 5A

Summarize

Germs are everywhere.

Germs can make you sick. They can cause illness and infections. One common illness caused by germs is a cold.

Germs can be passed from person to person. Germs can also be found on all kinds of things.

Survey

Stand up if you ever have known someone who’s had a cold.

Now sit down if you’ve ever had a cold.

Stand and sit along with students.

Explain

Almost everyone knows what it means to have a cold. That's why we are using this way of being sick to understand more about how germs work.

Once germs get on or inside your body, a fight begins between your body and the germs. Every time someone gets a cold or every day that someone stays sick, it means the germs are winning the fight.

Read

To understand how germs can make you sick and how you can fight them, you're going to help me tell "The Very, Very, Very True Story of a Cold Germ."

Use the **Cold Germ Story** teacher page to present the story and review the important points with students.

Explain

Colds are not the only way that germs can make you sick. You may have heard of other sicknesses such as flu, chicken pox, measles or mumps.

Germs can also cause something called food poisoning. This kind of illness happens when there are germs in or on the food you eat. These germs can give you a bad stomach ache or make you throw up.

Germs cause many other diseases too. Some of the diseases caused by germs can be very serious.

Survey

Raise your hand if you'd like to learn how to fight cold germs and stay healthy.

Show Image 5B

Look at this picture. What do you see?

Summarize

These are kids like you, doing the kinds of things you do in school every day. This picture also shows some of the ways germs can spread from person to person in our classroom.

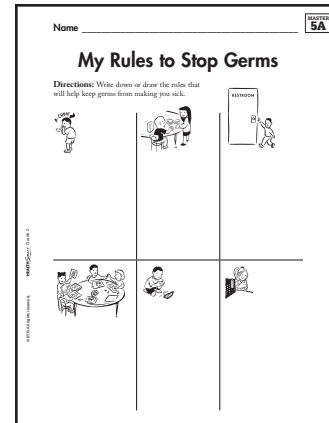


Image 5B

Problem Solve

Distribute a **My Rules to Stop Germs** activity sheet to each student.

We are going to study the picture and talk about what is happening that helps spread germs that can make us sick. Then we are going to work as a class to write a rule that can help keep germs from spreading. You will write or draw a picture of that rule on your sheet. Then you will have your own set of rules to follow that can help keep you and others healthy.



Master 5A

Use the following steps and notes to help students write a set of simple guidelines for preventing the spread of germs at home and at school:

- Discuss the way germs can spread being shown in each part of **Image 5B**.
- Help students brainstorm possible rules that would help keep germs from spreading in this situation and guide the class in formulating a single clear rule based on students' suggestions.
- Allow time for students to copy or represent the rules on their activity sheets.

Coughing or sneezing

Action that spreads germs: Blowing germs into the air.

Possible rules: Use a tissue to cover your mouth and nose when you cough or sneeze. Cough or sneeze into the bend of your elbow. Wash your hands after every time you sneeze or cough.

Sharing food

Actions that spread germs: Touching food that someone else eats; giving or getting other people's germs through food.

Possible rules: Wash your hands before you eat. Don't eat from other people's food. Don't share food that you touch directly with your mouth or hands.

Using the restroom

Actions that spread germs: Touching door knobs, sinks and areas that other people use too.

Possible rule: Wash your hands well every time you go to the restroom.

Sharing books, pens and other materials

Actions that spread germs: Touching shared objects; getting germs on something that someone else handles.

Possible rules: Wash your hands often during the day. Don't cough or sneeze on objects.

Taking care of a cut or scratch

Action that spreads germs: Touching someone else's blood or getting germs in open wounds.

Possible rules: Never touch someone else's blood. Wash your hands well before treating a cut or scratch. Wash a cut or scratch with soap and put a bandage or Band-Aid on it.

Playing with a pet

Action that spreads germs: Pets can be covered with germs, especially if they play outside.

Possible rule: Wash hands after playing with pets. Don't kiss your pet.

Survey

Did you notice that many of these rules tell you to do the same thing? What do you think that thing is?

Allow students to answer until several have mentioned handwashing.

Explain

Washing your hands is one of the easiest ways to get rid of the kind of germs that can make you or others sick.

Washing your hands helps keep germs from spreading. Even though most of us probably wash our hands every day it is good to be reminded about how important it is to do and how to do it in the right way.

Show Image 5C

To wash your hands, you will need water, soap and a clean paper or cloth towel. These pictures show the steps you must follow to wash your hands in the right way.

Distribute a **Washing Hands Checklist** activity sheet to each student. Show students the sink or basin, soap, towel and water.

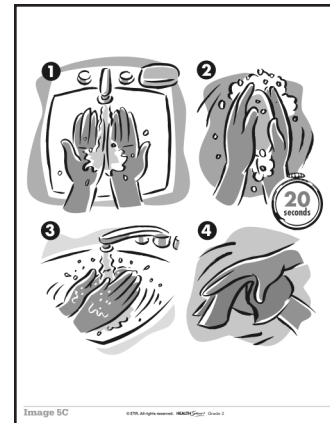


Image 5C

Model

Use **Image 5C**, the picture guide on the activity sheet and the following script to demonstrate the proper way to wash hands. You can mime the actions, if needed, or actually wash your hands using the available supplies.

- First, you need to wet your hands with water. It helps if the water is warm, but not too hot.
- Lather your hands with the soap.
- Scrub each hand with the other for 20 seconds.

Count to 20 as you scrub your hands to demonstrate how long this takes.

- Then rinse your hands with water to remove all the soap.
- Dry your hands with the towels.
- You can also turn off the water faucet using a towel. This helps keep your “just washed” hands clean.

Master 5B

Practice

Put students into pairs.

You and your partner are going to help each other practice the right way to wash your hands. One person will practice hand washing while the other watches. Then you will switch.

Partners will help each other do all the steps. As you watch your partner, you will put a checkmark in the box next to each step as your partner does it.

Point out the check boxes beside each hand washing step on the activity sheet.

Have pairs proceed with the handwashing practice. Remind students to use the images on the activity sheet and the check boxes to guide them in proper handwashing. If you can make basins, soap, water and towels available, allow students to actually wash their hands. Otherwise, have students mime the correct actions as they follow the steps.

Pace each step of the handwashing practice to help keep the class together, and coach both the students washing their hands and their observing partners to complete their tasks.

Time the step of scrubbing hands for 20 seconds, and ask students to count along with you.

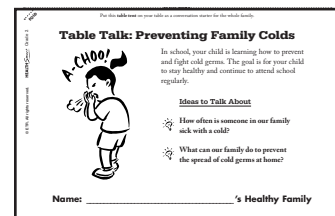
Have handwashers and observers switch places and repeat the practice.

Summarize

Knowing how cold germs work and how to fight them is part of staying healthy here at school and at home.

Send Home

Distribute a **Table Talk: Preventing Family Colds** family sheet to each student. Explain that they will take this sheet home to share with their families.



Master 5C

Have students write their names on the sheet and fold it in half to create a table tent. Explain that it goes on the dinner table or wherever the family gathers to help them talk with their families about preventing colds.

Students can also take home the activity sheets from this lesson to share with their families and remind them of the things they can do to keep germs from spreading.

Debrief

Over the next few days, take a few minutes to follow up on students' experiences.

Assessment Evidence

Students:

1. Identified different ways that disease-causing germs are transmitted by:
 - Identifying the ways germs can spread shown in **Image 5B**.
 - Completing the **My Rules to Stop Germs** activity sheet.
2. Identified ways to prevent the spread of germs that cause common infectious diseases by:
 - Completing the **My Rules to Stop Germs** activity sheet.
3. Demonstrated the steps for proper handwashing by:
 - Completing the **Washing Hands Checklist** activity sheet.
 - Working with a partner to practice proper handwashing.

The Very, Very, Very True Story of a Cold Germ

Directions: Present the story using the following steps:

1. Explain that as you tell the story, you will point to different students. When you do this, you want each student you point at to say the word “very.”
2. Read the following story.
3. Conclude with a summary of the main points.

This is a story about a cold germ.

A *(point 3 times and have 3 students say the word “very”)* tiny germ.

This cold germ is a *(point 3 times)* smart traveler.

It travels on people and things!

It travels on hands and mouths and noses,
on toys and books and even water hoses.

This invisible germ is *(point 3 times)* sneaky!

It travels on pencils, doorknobs and drinking glasses,
on balls and jump ropes
and crayons shared by kids in school classes!

Whenever this cold germ is around,
it means there’s a fight to be found!

Your skin is the first shield you have.

It says, “Do not enter this body here!”

Washing your hands often is a *(point 3 times)* good way
to keep the cold germ from coming near.

When people who have a cold, cough or sneeze,
it takes more than saying, “Excuse me, please.”

Out on the air that comes out of the mouth
blow cold germs—north, east, west and south!

It’s a cold germ’s *(point 3 times)* favorite dream
to be blown out into the air-stream!

(continued)

Teacher Page

The Very, Very, Very True Story of a Cold Germ

(continued)

A *(point 3 times)* easy way to stop the germ
is to put something in its way.

What could it be? Can you say?

(Allow all students to answer.)

Yes! Yes! It's true.

All it takes is a piece of tissue,
or your sleeve or elbow, to cover your mouth and nose
for every cough and AAAAchoooo!

*(Demonstrate putting your sleeve or the inside of your elbow up to your nose
and mouth.)*

Everyone gets a cold now and then.

But here's the thing,

What *(point 3 times)* important things do you know to help keep it from
happening?

Conclusion

Summarize the following points:

1. Colds are caused by very small germs.
2. Cold germs travel on things we touch and in the air.
3. The best things to do to prevent a cold are to wash your hands often and to cover your nose and mouth when you cough or sneeze.