

Preventive Health Information Tools Prevention

The Preventive Health Information Tools will help you complete section 1.3 of the Pandemic Influenza Plan Template.

Schools play a key role in the dissemination of preventive health information to students. Beginning in preschool and across the K-12 curriculum, schools should plan to implement lessons that teach preventive health behaviors and provide opportunities for students to practice those behaviors.

Pandemic influenza curriculum may stand alone or be integrated across the curriculum.

- A lesson on germs could be integrated into a life science unit in the elementary, middle, or high school level.
- A high school lesson on pandemic influenza might include an English class essay assignment to summarize learning and/or identify implications for a community or a history class essay summarizing the history of pandemics.
- A middle school lesson on the potential number of people sick from a pandemic could integrate an estimation lesson in an 8th grade math class.
- A middle or high school visual or performing arts lesson on communication could include creating mock radio and TV ads to inform the public or creation of skits to address possible rumor scenarios.

The following tools are provided to assist you in disseminating preventive health information to students:

- Overview of Prevention Lesson Plans Organized by Grade Level
- Two Sample Prevention Lesson Plans.

As learning experts, teachers are best equipped to evaluate the usefulness of available preventive health lesson plans and select appropriate lesson plans for their classes.

Overview of Prevention Lesson Plans Organized by Grade Level

There are several lesson plan resources available to teachers. Most available lesson plans focus on preventive health behaviors including:

- Handwashing
- Respiratory hygiene
- Cleaning, sanitizing and disinfecting.

Other lesson plans focus on the influenza virus including

- understanding germs and how they are spread
- understanding the flu

- understanding the difference between a cold and the flu
- understanding the difference between avian and pandemic flu.

The table that follows presents an annotated listing of curricula relevant to pandemic influenza, organized by grade level. Schools may choose to access and use any of these resources or create their own.

Overview of Prevention Lesson Plans Organized by Grade Level

Grade Level	Lesson Plan Title and Web Site	Type of Lesson	Description
Pre-K	CLEANING AND DISINFECTION IN A CHILD CARE SETTING http://www.co.hennepin.mn.us/files/HCIternet/Static%20Files/100615249s2aclean.pdf	Tip Sheets	Tips on cleaning, sanitizing, and disinfecting in a children care setting (Hennepin County Community Health Department, MN)
Pre-K	DIAPERING http://www.co.hennepin.mn.us/files/HCIternet/Static%20Files/100617866s2gDIAPER.pdf	Tip Sheets	Tips on how to prevent the spread of infectious organisms when diapering babies (MN Child Care Health Consultants Group)
Pre-K	PROTECTING AGAINST INFLUENZA: ADVICE FOR CAREGIVERS OF CHILDREN LESS THAN 2 YEARS OLD http://www.co.stearns.mn.us/Pandemic/infantcare.pdf	Tip Sheets	Guidance on how to protect young children from influenza (CDC)
Pre-K-K	WASH YOUR HANDS http://www.dhs.ca.gov/ps/dcdc/izgroup/shared/education/wyh.htm	Teaching Exercise	Handwashing activities including a holiday jingle in English and Spanish, a fun Santa clip, and a lesson plan (CA Dept Health Services)
Pre-K – K	HAPPY TO BE HEALTHY http://www.flufacts.com/pdf/Activities-PreK-K.pdf	Teaching Exercises	Activity for students to learn about the flu and staying healthy (Roche Laboratories)
Pre-K-grade 1	HANDWASHING: PREVENT DISEASE AND OUTBREAK INTERVENTION http://www.health.state.mn.us/handhygiene/curricula/curriculumyoung.pdf	Teaching Exercises	Curriculum to teach children about germs (Minnesota Department of Health)
Pre-K-grade 2	GLITTER GERMS http://www.atozteacherstuff.com/pages/334.shtml	Teaching Exercises	Learning about germs and the importance of washing hands (Terry Sayre, A to Z Teacher Stuff)
Pre-K-grade 2	HOW TO WHACK THE FLU http://www.dhs.ca.gov/dcdc/izgroup/ReadyCASchools/preschool/preschoolprevention.htm	Skits	Skit for 2 adults and skit for 3 adults (including high school or university students) to teach hand and respiratory hygiene; includes a sticker, a poster, and a brochure to send how with kids (City of Berkeley)
Pre-K-grade 3	HENRY THE HAND SCHOOL KIT http://www.henrythehand.com/	Skits	Skit for 2 adults to teach students about germs; includes links to <i>Henry the Hand</i> video, theme song and <i>Doing the Handwash</i> song (Henry the Hand Foundation)
Pre-K-grade 3	GEL-MO ON THE GO http://www.scrubclub.org/assets/pdf/gelmo_storybook.pdf	Teaching Exercises	Storybook to teach children how to properly wash their hands (NSF International)
Pre-K-grade 3	SQUID SOAP http://www.squidsoap.com/	Teaching Exercises	Description of special soap for teaching handwashing (Squid Soap)
Pre-K-grade 4	DID YOU WASH 'EM http://www.kdheks.gov/wash_em/teach_modu	Teaching Exercises	Teaching module and scientifically based teaching activities to teach disease prevention through

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	le/wash_em_teachers_module.pdf		handwashing. Use order form to purchase collateral materials (Kansas Department of Health and Environment)
K-grade 8	INFECTION, PROTECTION, DETECTION http://www.amnh.org/nationalcenter/infection/index.html	Teaching Exercises	Online interactive resources on microbes, bacteria, and spread of infection (American Museum of Natural History)
K-grade 8	GERM EXPERIMENT http://www.education-world.com/a_lesson/00-2/lp2189.shtml	Teaching Exercises	Students observe growth of germs on three germ-covered potato slices and one controlled slice (Gary Hopkins, Education World)
K-grade 12	GREAT IDEAS FOR HAND WASHING EDUCATORS http://www.kdheks.gov/wash_em/ideasforeducators.html	Teaching Exercises	Ideas on how to spread awareness on handwashing and illness prevention. (Kansas Department of Health and Environment)
K-grade 12	THE SNEEZE: HOW GERMS ARE SPREAD http://www.californiahealthykids.org/c/@3j8JdyvN14P./Pages/product.html?record@R1830	Videos	Ordering information for video that explains how germs are spread and the importance of handwashing (California Healthy Kids Resource Center)
Grade 6-grade 12	HANDWASHING LABORATORY ACTIVITIES http://www.accessexcellence.org/AE/AEC/CC/hand_activity.php	Teaching Exercises	Lab experiment that teaches students about germs on their hands (National Health Museum)
Grade 6-adult	HANDWASHING PROJECT IDEAS FOR STUDENTS http://www.health.state.mn.us/handhygiene/curricula/projectideas.html	Teaching Exercises	Activities and project ideas for students; includes ideas for community outreach (MN Department of Health)
Grade 7-adult	FLU BUG U 30-SECOND and 60-SECOND VIDEO PSA http://www.kdheks.gov/flu/FluBugU.htm	Videos	Video that teaches how to prevent the flu. Video includes script (Kansas Dept of Health and Environment)
High School	UNDERSTANDING AVIAN FLU http://www.csrees.usda.gov/avianlessonplan.pdf	Teaching Exercises	Lesson plan for teaching high school biology students about avian influenza, specifically highly pathogenic H5NI (USDA)
High School	AVIAN AND PANDEMIC FLU http://www.pbs.org/newshour/extra/teachers/lessonplans/health/birdflu.html	Teaching Exercises	Lesson plan on avian and pandemic flu for science teachers (PBS)
High School and Adults	EMERGING AND REIMERGING INFECTION DISEASES http://science.education.nih.gov/supplements/nih1/diseases/default.htm	Teaching Exercises	NIH Curriculum supplemental materials for grades 9-12. Includes teacher's guide with lesson plans and Web activities for students (NIH)
High School and Adults	AVIAN VS. PANDEMIC FLU http://www.lapublichealth.org/acd/AvianFlu.htm	Videos	Video that explains the differences between avian and pandemic flu (County of Los Angeles Public Health)
High School and Adults	THE FLU VS. THE COLD http://www.lapublichealth.org/acd/flu.htm	Videos	Video that explains the differences between the cold and flu (County of Los Angeles Public Health)

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Grade Level	Lesson Plan Title and Web Site	Type of Lesson	Description
High School and Adults	WHY DON'T WE DO IT ON OUR SLEEVES? http://www.coughsafe.com/index.html	Videos	Ordering information for video that demonstrates proper coughing etiquette (OtoRhinoLounsburgology Productions)

Two Sample Prevention Lesson Plans

Two lesson plans are provided as examples of lesson plans which include learning objectives and step-by-step instructions. The two lesson plans are:

K-4

Did You Wash Em? Handwashing Teaching Module and Scientifically-Based Teaching Activities (Kansas Department of Health and Environment),
http://www.kdheks.gov/wash_em/teach_module/wash_em_teachers_module.pdf)

Middle School and High School

Handwashing Laboratory Activities (Access Excellence @ the National Health Museum Activities Exchange),
http://www.accessexcellence.org/AE/AEC/CC/hand_activity.php)