



Lesson 1: Germs on the move

Outcomes

Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Learn the correct way to use a tissue.

CATCH IT

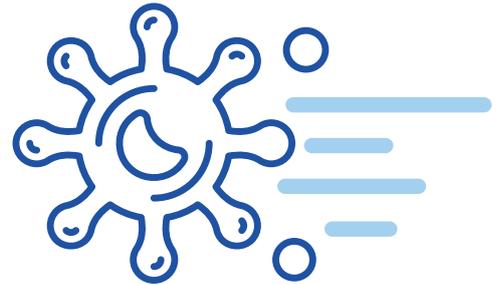
Always use a tissue when you cough and sneeze.

BIN IT

Throw your tissue in the bin as soon as possible.

WASH IT

Wash your hands.



Australian Curriculum Links

- Identify people and demonstrate protective behaviors and other actions that help keep themselves safe and healthy (ACPPS003).
- Identify actions that promote health, safety and wellbeing (ACPPS006).

Resources

- SNEEZESAFE® certificate and letter to parents on sneezesafe.com.au

Key Learning Intention

We can help stop the spread of cold and flu viruses with 3 simple steps:

• Catch it!

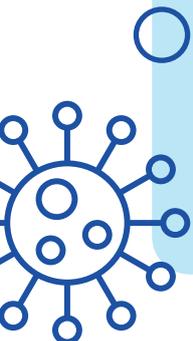
Germs can spread easily. Always use a tissue to catch your cough and sneeze.

• Bin it!

Germs can live on tissues for several hours. Throw the tissue away as soon as possible.

• Wash it!

Hands can transfer germs. Wash your hands as soon as you can.





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What Are Germs?

Germs are tiny living things that are all around us. They're so small we can't see them without a microscope, but they are in the air, on our hands and on objects.

Some germs are 'cold' germs. If we get cold germs in our bodies, we can catch a cold and feel sick. People who have a cold can spread these germs when they sneeze, cough or wipe their nose.

When we get a cold, we can help keep our friends and family safe from germs by using a tissue, and washing our hands.

Let's find out how to use a tissue to stop germs spreading. There are special stickers for everyone who can use a tissue properly.



Students should learn to do all of the following:



1 Grab a clean tissue from the box.



2 Open up the tissue, then fold it in half.



3 Hold the tissue gently against both nostrils and blow hard, keeping their mouth closed.



4 Fold the tissue over and throw it in the bin.



5 Wash their hands without touching anything else on the way.





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Activities

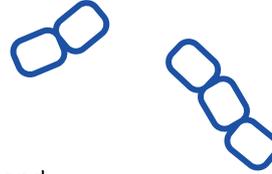
Cold And Flu Germs Travel By Air

You will need:

- Water spray bottle
- Food dye (optional)

What to do:

1. Fill an empty, clean spray bottle with water.
2. Simulate the spread of a sneeze by spraying into the air, reaching surfaces and people (have some fun and pretend it's a real sneeze!).
3. Spray into a tissue to show how a tissue catches all of the water (for this part you could add blue food dye to show more clearly).
4. Explain that this is how germs spread and how important it is to use a tissue to cough and sneeze to stop the spread of germs.



Cold And Flu Germs Travel By Touch

You will need:

- Talcum powder
- Paint or gel

What to do:

1. Explain how germs spread via human touch, for example if hands are not washed straight after coughing or sneezing.
2. Put talcum powder, paint or gel on the right hand of one willing student.
3. Ask that student to shake hands with three other students
4. Ask those three students to shake hands with three others. Continue until all hands have been shaken.
5. Take a video of the students as they are doing this, and play it back to them.
6. Explain how easily cold and flu germs can spread. Even though only one student started out being 'infected', not washing their hands will 'infect' others easily.

Sneezesafe® Badges

You will need:

- Paper or cardboard
- Double sided tape of safety pins
- Pencils or textas to decorate

What to do:

1. Give each child the resources you want them to make a badge with.
2. Ask students to design and create their own Sneezesafe® badges.
3. Encourage them to use words or pictures that represent proper tissue use, as per Lesson 1.
4. Students are allowed to wear their badge when they have demonstrated a knowledge of proper tissue use, as per Lesson 1.

