

Don't Pass It Along Activity Instructions

You will need the Don't Pass It Along Activity Cards. Each set has 30 cards in total. There will be 19 blank cards, 2 cards marked with an "F", 3 cards marked with an "S", 3 cards marked with a "V", and 3 cards marked with "HH". Make sure to distribute cards with a letter "F" on them in separate ends of the class. If you have a group of less than 30, remove blank cards as needed.

Explain that this lesson is designed to teach participants how to avoid getting an infectious disease or the "Flu", and to identify how easily germs can be spread.

NB • Distribute a card to each participant face down, instructing them not to look at their card. Ensure that the cards marked with F, HH, S and V are distributed evenly throughout the class. Also, you might want to strategically place the 'F' card with students at each end of the class. Ensure that students are mingling with new classmates each time they stand to discuss a question (e.g.- ensuring they are not staying in the same part of the class). You might want to mention that two of them have cards that indicate they have the flu and the point of the exercise is to observe/demonstrate how easily the flu can spread in the general population and that we all have contact with many different people during our day.

- Ask them to stand, and find two other people in the room and have a discussion with them on "Symptoms of the flu, and if they have ever had the flu or know someone who has had the flu?" Fist bump at the end of the discussion and sit down. Remind them to remember who they were with.
- Ask them to stand again, find two different people and have a discussion on "What are some good ways to protect yourself from the flu?" Fist bump at the end of the discussion and sit down. Again, remind them to remember who they were with.
- One more time have them find two different people and have a discussion on "Where can you get the flu shot, and is it still available to get?" Fist bump at the end of the discussion and sit down. One more time reminding them to remember who they were with.
- Now have the students look at their cards. Ask the people with an **"F"** on their card to stand up. These people represent someone with the "Flu".
- Now have everyone who shook their hands stand up. They may also be infected with the "Flu".
- Of the people standing identify those who have an **"V"** on their card. They may sit because they reduced their risk of getting the flu from the flu shot (Vaccine). Ask if anyone bumped fists with any one of the people who are vaccinated. Tell them they may also be infected! Vaccination decreases your chances of getting the flu and minimizes the effects of the flu but potentially you still could pass it onto other people if you have been exposed.
- Of the people still standing identify those who have an **"HH"** on their card. They may sit because they reduced their risk of getting the flu or spreading it to others by practicing Healthy Habits/Lifestyles (handwashing, sleep, healthy eating, decreased stress, and staying home when they are ill). Again, ask if anyone bumped fists with any one of the people with an HH (Healthy Habits) card. Tell them they may also be infected! While practicing healthy habits such as sleep, healthy eating, decreasing stress, washing your hands and staying home when you are ill, decreases your chances of getting or spreading the flu, you still could potentially pass the flu onto other people if you've been exposed.

- Of the people still standing those with an "S" may sit. They are Super! They have practiced everything they can to stay healthy (they got immunized, they practiced healthy habits to protect themselves and others!)
- The people left standing did not use any methods to help decrease their chances of becoming sick and were not in any of the other situations. They may be infected with the flu!
- Emphasize how easily infections are spread and reinforce the importance of protecting yourself.

Discussion Answers:

Symptoms of the flu can include:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Everyone recovers differently, and it can take several days up to two weeks, and some people may develop complications.

Good Ways to Protect yourself from the Flu and other Infectious Diseases:

Washing your hands, eating healthy, sleep, minimizing stress, physical activity, immunization, and staying home when you are ill!

Where you can get the flu shot: Your family doctor or pharmacy. You may be able to get it from the health unit if you do not have a family doctor. The flu shot is available usually from about mid-October through to the spring (usually around May).