

Bless you! – Module on the Topic of Influenza and Viruses

Worksheets

YAPS



Yaps
Raising
young people's
awareness on
preparedness and
self protection



The European Commission provides funding for the project.

Project Partners



Federal Office
of Civil Protection and
Disaster Assistance



AUSTRIAN RED CROSS



UNIVERSITATEA
BABEȘ-BOLYAI

Max alone in form 3A

It is a cold, dark and damp morning. The school bus has arrived late again because of the thick snow and the slippery road. Max now has to hurry to get to school on time. Running towards his classroom, Max takes off his gloves and the warm scarf. He rushes into the classroom only to realise that just 4 of his 25 classmates are present. “Where is everybody?” he mumbles to himself, as he heads towards his desk. All of a sudden the door opens and the headteacher, Mrs. Summer, comes in.

“Mrs. Meier is in bed with a nasty flu and a fever. And many of your classmates are ill. Since they are not well and did not want you to catch it too, they haven’t come to school today”, she says to the pupils. “For today’s class I have brought Mrs. Meier’s worksheets on the flu and viruses.” Together with his classmates and Mrs. Summer, Max reads the tasks on the worksheet.





Can you fill in the blanks?

Help Max fill in the blanks with the correct words. Choose from the words below. You may use each word only once. Then swap worksheets with your desk mate. Check if all the terms were used correctly.

Use the following words:

during the winter, your favourite toy, swine flu, the same, small, wave of flu, does not properly, different continents, cheese, many

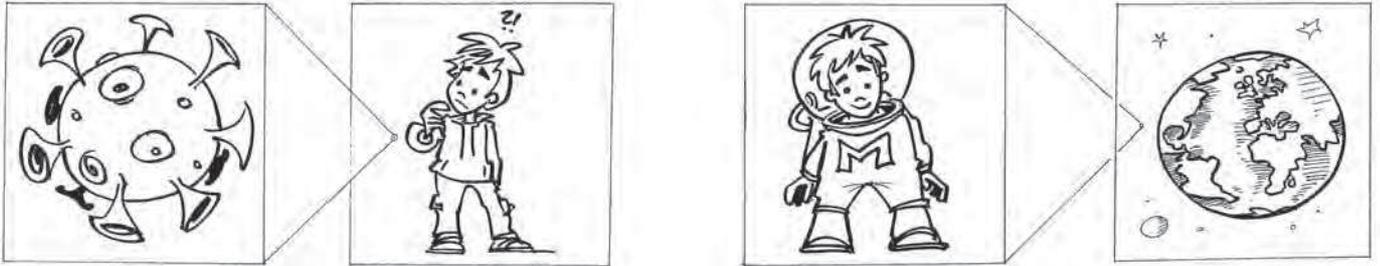
Bacteria and viruses are all around: in the air, on _____, and yes, even on your body. They are so _____, that they can only be seen under a very powerful microscope. However, not all bacteria and viruses make us ill. Some bacteria, such as the ones used to make yoghurt or _____ are actually very important. We fall ill especially when around us there are too many bacteria and viruses that lead to disease, namely when our body's defence system _____ work _____. Scientists call this a weakened immune system. We also become ill when we come into contact with _____ people. The same holds true for the flu. When the flu spreads quickly within a group of people scientists call it a _____. If many people become ill during the same period, for instance _____ and in the same region, for instance a whole country, then this is called an epidemic. However, if at _____ time, in different countries and on _____, people have got down with the same kind of flu, then the epidemic turned into a pandemic. The last pandemic was the _____ of 2009. It spread from Mexico and the United States to the whole planet.



How big is a virus?

Compared to a human being, a virus is minute. More specifically, it is as small as Max compared with the Earth.

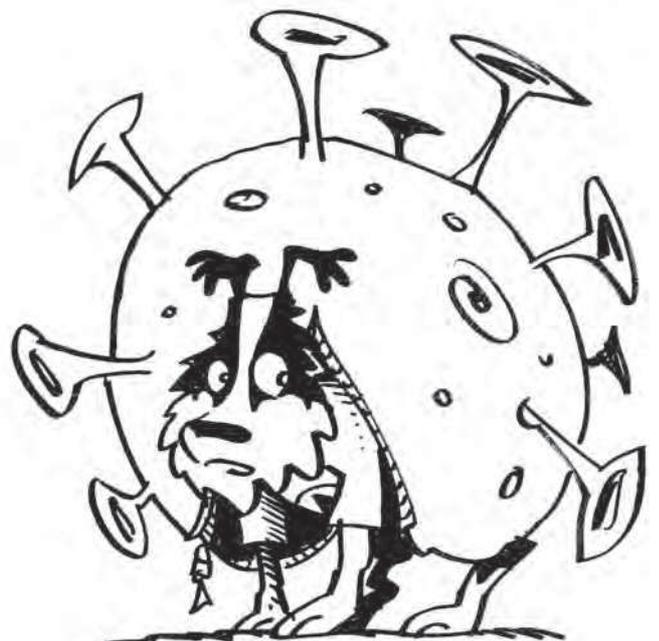
Virus : *Human being* = *Human being* : *Earth*



Flocke nows ...

Technical devices, such as computers can also have viruses. The ones that give us the flu are called viruses, while the ones affecting our computers are called computer viruses.

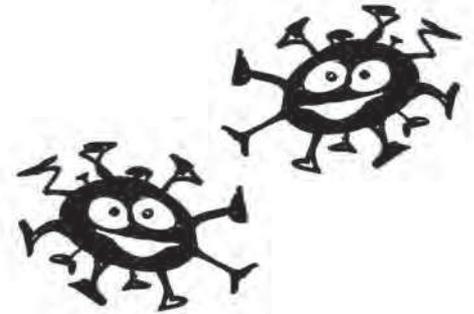
You have certainly heard or even said yourself the phrase: "I've got the flu". Careful, though. A flu (or influenza) is not a common cold, even though they are similar to a certain extent. The germs, the viruses that is, that lead to a cold or a flu are airborne. Both the flu and the common cold bear the same characteristics. In medicine, these characteristics are called symptoms. The symptoms of the flu and the common cold include: cough, sore throat, tickly nose, fever. However, their intensity differs whether it's a cold or the flu.





Checking the symptoms

It is only natural to get sick every once in a while. You must have been ill yourself throughout your lifetime. Perhaps you even had a nasty flu last year; or was it just a common cold?



You can check what it was by reading the table below..

Symptoms	The flu	Common cold
Fever	High, 38.5 degrees Celsius	Low, below 38.5 degrees Celsius
Chills	Frequent	Rare
Headaches and body aches	Frequent	Rare
Tiredness / exhaustion	Frequent	Rare
Catarrh		Frequent
Cough / sore throat	Frequent	Rare
Season	All throughout the year	Especially in winter
Occurrence of all symptoms	Sudden/quick	One following the other, slow
Nausea	Frequent	Rare

What is your result? Discuss with your classmates how you felt when you were ill. What did you and your parents do to make it better? Write the answers on the board and then on your worksheet.



These are the things we can do if we have a cold or the flu:

Example: drink a lot of liquid, such as water and tea



Green or red?

How much of an expert are you when it comes to the flu? You can test your knowledge by answering the questions below. Each one of you will prepare a red card and a green card for this task. Which of the following statements are correct? Put up the green card if you think the statement is correct; if you believe it is incorrect, put up the red card.

Statement 1: There are various types of influenza.

Statement 2: People cannot come down with swine flu or bird flu.

Statement 3: It is only people and not animals that can come down with the flu.

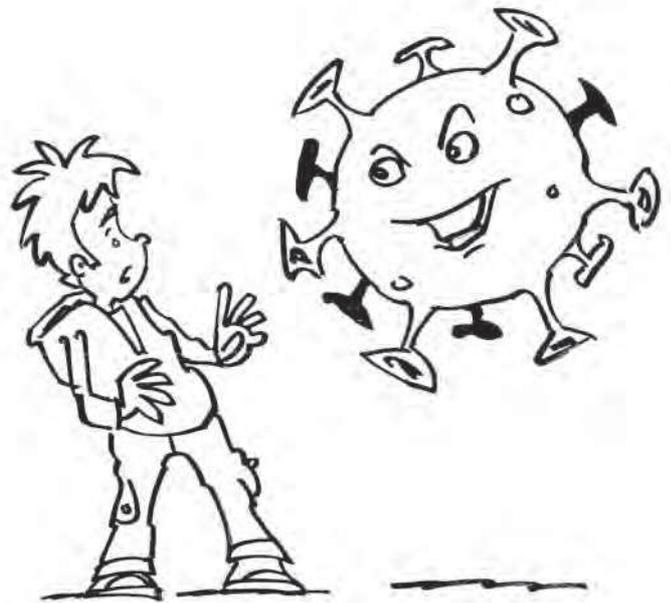
Statement 4: The flu virus can spread from people to pigs.

Statement 5: Between 1918 and 1920 many people got down with the Spanish flu. However, it did not break out in Spain, but Mexico. Spain was just the country to announce the epidemic in newspapers and on the radio.

Statement 6: All influenza viruses originally come from water birds.

Statement 7: Piggy banks can also get the flu.

Who got the most statements right?



Flocke nows ...

The most recent world pandemic occurred in 2009. In total, 1.3 bn people were infected, which means that 1 in every 5 people got the flu. This kind of flu was commonly known under the name of “swine flu” because in the United States of America similar viruses were detected in pigs.



How to stay healthy

What can you do in order to stay healthy? What do you need to take into consideration so as not to infect others if you become ill? To find the answer read the indications that follow. Highlight in green the ones you think are true. Which indications are false? Highlight them in red. What else comes to your mind? Write your observations in the empty thinking bubbles.

Wipe your nose on your sleeve or a coat. It's quicker than looking for a tissue.

Do not sneeze facing other people. Use a tissue. If you have to sneeze into your hands, wash them immediately afterwards.

Have a balanced diet. Eat enough fruit and vegetables. Get enough sleep.

Play often with your friends outdoors and be active.

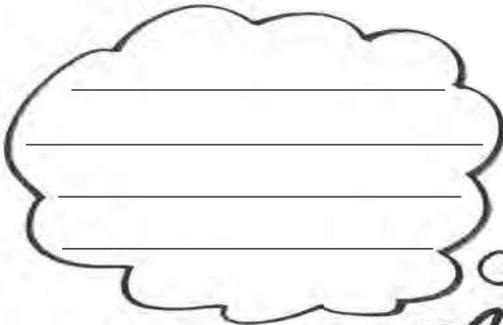
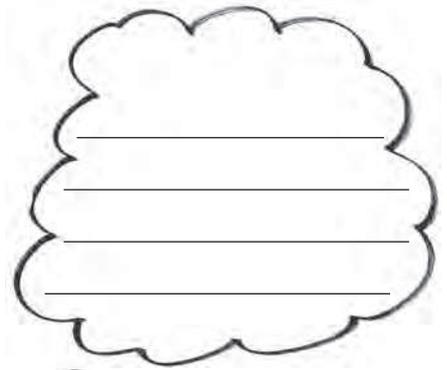
Take a shower or a bath regularly. Brush your teeth

Don't tell your teachers and parents that you feel unwell. If you tell them, they will worry too much.

Go with your family on holiday to countries where there is a wave of flu.

Don't be scared of vaccines.

Go to school even when you are ill so as not to miss anything.




This is the right way

Make a poster for your class or school and write down what the correct behaviour is in order to avoid falling ill and infecting others, too. If you wish, you can put your own drawings or newspaper cutouts on the poster.



Flocke's advice:



Learn more about emergency situations and prevention at www.flocke-helferland.de.

Flocke's safety memory

This is the next part of your safety memory. With every issue you get twelve new cards. You can play this memory game with your friends, siblings or even alone.

You might even play it with your parents one day and see how well they do.

Flocke says:
"Have fun!"



This is how it works.

1. Print out the cards on thick paper or glue them on cardboard.
2. Cut out the cards.
3. Lay them on the table face down.
4. Find those cards where image and text match together.
5. Whoever finds the most matching cards wins the game.





Not only people, but also animals can get the flu.



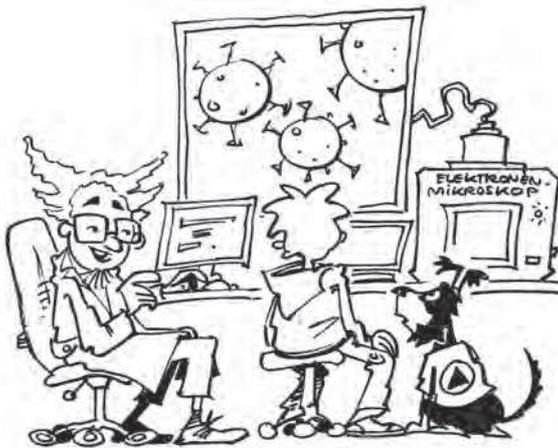
When you are ill, you should not go to school.



If many people come down with the flu at the same time within a certain territory, we are dealing with an epidemic.



Wash your hands regularly and thoroughly in order to reduce, as far as possible, the risk of becoming ill or infecting others.



Bacteria and viruses are so small that we cannot see them with the naked eye.



Colds have been around for a long time, ever since the beginning of human kind, basically.