

# What is the Flu?

**LESSON** | What is the flu?

**GRADE LEVEL** | Pre-kindergarten and kindergarten

**ESTIMATED TIME** | 20 minutes

**OBJECTIVE** | Teach students the signs and symptoms of the flu, as well as how it spreads and how to prevent and fight it by washing hands and getting vaccinated.

**MATERIALS** | None

## THE FLU

- > When you get the flu, you feel sick to your tummy and cough and sneeze. You get a fever, which is when you feel really hot and your whole body feels yucky. It's no fun!
- > Some illnesses, like the flu, pass from one person to another because of little tiny germs. Germs are so small that you can't even see them!

## HOW DO WE GET THE FLU?

- > You can get the flu from germs that are spread by coughing, sneezing and not washing your hands (demonstrate these actions). Even though our bodies are good at fighting off the germs sometimes too many germs can make us sick. We have to remember to always cover our mouths when coughing or sneezing and wash our hands a lot!
- > Have students practice covering their mouths with their arms when coughing

## HOW DO WE STOP THE FLU?

- > We can help our bodies not get sick with the flu by getting a vaccine. A vaccine is a type of medicine you can get that helps your body fight germs and stay healthy.
- > The vaccine gives you a tiny piece of a germ that is already dead or very weak. It will not make you sick, but it will teach your body how to fight the flu SUPER well.
- > There are two kinds of flu vaccines:
  - Some kids will get theirs as a spray that a doctor or nurse sprays them with. Can you guess where they get sprayed? In their nose! It tickles!
  - Some kids will get their flu vaccine as a shot. They sting a little, but we're tough and we know it's worth it! These shots help our bodies to fight off some pretty nasty germs!
- > Eating healthy food (give examples), drinking lots of water, exercising (playing) and getting enough sleep can also make our bodies strong and EXTRA good at fighting germs!

### Conclusion:

We want to stay healthy so that we can go to school and play outside!  
Ask if students have any questions.