



# Lesson 7: When Germs Attack!

## Outcomes

### Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Introduce the difference between germs and viruses.

### 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

- Investigate community resources and ways to seek help about health, safety and wellbeing (ACPPS053).
- Plan and practice strategies to promote health, safety and wellbeing (ACPPS054).
- Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities (ACPPS058).

### Resources

- SNEEZESAFE® certificate and letter to parents on [sneezesafe.com.au](https://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.





Upper Primary School | Year levels – Years 5, 6 and 7

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Outcomes

## What Should You Do To Help The Symptoms Of A Cold Or Flu?

Sometimes, even when we have been SneezeSafe® by 'catching it, binning it and washing it', you can still catch a cold and feel sick. Don't worry, there are ways to help yourself recover faster and feel better.



### Catch it!

Always use a tissue when you cough or sneeze.



### Bin it!

Throw the tissue in the bin as soon as possible.



### Wash it!

Wash your hands.





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## Activities

### Tell A Story In 5 Photos

A five photo story is a collection of five images that tells a story without using any text, audio or video. Students can use Google Sheets.

1. Before taking photos (or finding images online), ask students to create a quick storyboard.
2. Load photos or images onto the app.
3. Consider sharing the 5 photo stories to the school social media site or upload to the class blog.

#### Some prompts to consider:

- “I got a cold”
- The sneeze
- Germs galore
- What NOT to do when you’re sick!

### Design A Card

Pretend someone in the class is feeling sick and has stayed home today. Ask students to design and write a Get Well card for them.

Ask them to write some suggestions for their sick friend to feel better.

