Sneeze Safe™

Kleenex®

Healthy Classrooms Lesson Plan

AIM

Students will acknowledge and understand the importance of good hygiene practice in relation to reducing the spread of germs.

They will learn how a sneeze or cough can spread germs to others, and will be encouraged to use good hygiene practices.

ACHIEVEMENT OBJECTIVES

STRAND A

Personal Health & Physical Development

Personal Well-Being & Development • Attitudes & Responsibilities

STRAND D

Healthy Communities & Environments

People & the Environment

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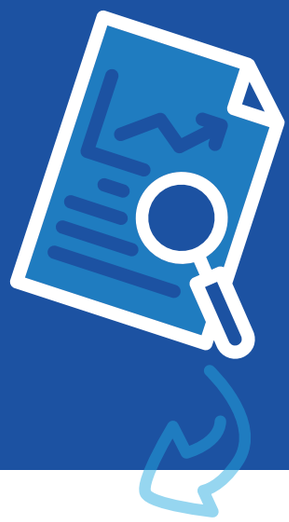
Lesson 1

The art of the AHHH-CHOOO!!



PURPOSE

To explore and discuss the 'science of sneezing' and teach elements of the 4 Kleenex® SneezeSafe® steps.

INSTRUCTIONS

Use online and library resources to research the 'science of sneezing'. Teach and discuss the importance of the Kleenex® SneezeSafe® steps.

TIP

Suggest search terms and/or prompt the children to answer questions such as...

- How many germ droplets are produced by a sneeze?
- How far and fast can they travel?
- Which muscles are used to execute a sneeze?

TEACHING MESSAGE

A sneeze (or cough) can easily spread germs to others. It's important to understand and use good hygiene practices to reduce the spread of germs.

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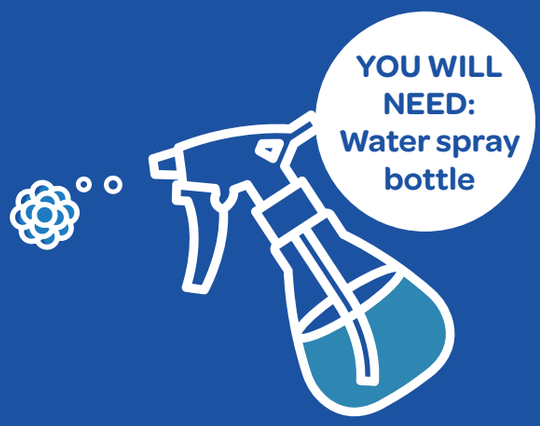

Activity 1

Germs
TRANSFER BY AIR

PURPOSE

To demonstrate how germs can be transferred to surfaces and surrounding people by sneezing and coughing.

INSTRUCTIONS

Using a clean spray bottle filled with water, the teacher simulates a sneeze or cough by spraying water into the air. Ensure the water lands on surfaces and people within a 1 metre radius.

TIP

Check how far the spray bottle can reach before the lesson

- How many people and surfaces have water on them?
- To what extent have the germ particles spread through the air to surfaces and people?

TEACHING MESSAGE

A sneeze (or cough) can easily spread germs to others. It's important to understand and use good hygiene practices to reduce the spread of germs.

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Lesson 2

How to help STOP THE SPREAD

PURPOSE

To explore and discuss the spread of germs and teach elements of the 4 Kleenex® SneezeSafe® steps.

INSTRUCTIONS

Use online and library resources to research how germs are spread. Reiterate and discuss the importance of the Kleenex® SneezeSafe® steps. Discuss ways we can all help to stop the spread!

TIP

Prompt the children to answer questions such as...

- How do sneezes and/or coughs have the potential to spread germs?
- What are the 4 key things to remember to help stop the spread?

Prompt class discussion to answer questions such as...

- What could happen in our community if people don't follow these steps?
- How can we share what we've learnt with our friends and family to help stop the spread?

TEACHING MESSAGE

If we follow the 4 Kleenex® SneezeSafe® steps and share our knowledge with others, we can help stop the spread of germs and contribute to a safer, healthier community!

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Activity 2

Germs
TRANSFER BY TOUCH

YOU WILL NEED:
Glitter, talc or flour

PURPOSE

To demonstrate how germs can be spread if hands are not washed or sanitised immediately and thoroughly after a sneeze or cough, as well as regularly throughout the day.

INSTRUCTIONS

1 student is nominated to start.

Using either wet hands and glitter OR dry hands and talcum powder/flour the nominated student covers their right hand in glitter/talc/flour.

The student shakes 3 other student's hands.

Each of these 3 students then shake hands with 3 others.

Continue until all students hands have been shaken.

- How many people and surfaces have glitter/talc on them – even just one speck?
- To what extent have the germ particles spread through unwashed hands to surfaces and people?

TEACHING MESSAGE

A sneeze (or cough) can easily spread germs to others.
It is important to understand and use safe hygiene practices to help to reduce the spread of germs – including regularly and thoroughly washing or sanitising hands – (especially after sneezing or coughing, and touching surfaces).

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So Gross!

Fun facts for students

Why is 'the sneeze' the biggest culprit in the transmission of colds and flu?

Published medical journals confirm that the volume of virus particles produced by a sneeze is significantly greater than the volume produced by a cough or nose blow.

A sneeze is capable of sending cold and flu virus particles at speeds of up to **320 kilometres an hour**, a distance of up to **900mm**, into the air for others to breathe.*

*U.S expert in infectious diseases, Dr Winkler Weinberg

How do our bodies 'choreograph' a sneeze?

When the inside of your nose gets a tickle, a message is sent to a special part of your brain called the sneeze centre.

The sneeze centre then sends a message to all the muscles that have to work together to create the amazingly complicated process that we call the sneeze.

Some of the muscles involved are the abdominal muscles, the chest muscles, the diaphragm, the muscles that control your vocal chords, and muscles in the back of your throat. Don't forget the eyelid muscles!

It is the job of the sneeze centre to make all these muscles work together, in just the right order, to send that irritation flying out of your nose at high speed!!

A good place to start researching

https://uniteforrecovery.govt.nz/ • www.health.govt.nz

www.fightflu.co.nz/faq/ • https://www.kidshealth.org.nz/flu-influenza

For more information about Kleenex® SneezeSafe®:
ph: 0800 733 703

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Sneeze Safe™
Kleenex®

1 Trap it!

Always TRAP your sneeze or cough using the inside of your elbow, or in a KLEENEX® tissue covering your nose and mouth.

2 Bin it!

Always BIN your tissue after using it once, or put in a plastic bag.

3 Wash it!

Sanitise or wash your hands thoroughly and regularly, (immediately if you sneeze or cough into your hands).

1. WASH hands for 20 seconds using soap!
2. RINSE under the tap.
3. DRY front and back.

4 Avoid it!

Don't touch your eyes, nose or mouth.
Stay home if you are unwell.

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