

Program Name  
Staff Responsible for Lesson

Washington Local ABLE  
Carol Fleischman

Date(s) Used	September 2009
Civics Category	II. Civic Participation
Civics Objective	19. Health-Emergencies Participate in CPR and First aid training and demonstrate knowledge of health and safety precautions.
Time Frame to Complete Lesson	1 hour
EFL(s)	Levels 1, 2, and 3
Standard(s)/Components of Performance	Read with Understanding
Benchmark(s)	R 1.1, R 1.2, R 1.3, R 1.6, R 2.2, R 2.3, R 2.4, R 2.5, R 2.6, R 3.1, R 3.2, R 3.3, R 3.4, R 3.5, R 3.6
Materials	Low level article, "Here Comes the Swine Flu", True and False sheet, basic dictionaries, picture dictionaries, and internet sources such as: <a href="http://www.cdc.gov">www.cdc.gov</a> and <a href="http://www.flu.gov">www.flu.gov</a>
Activities	<ol style="list-style-type: none"><li>1. Ask the students what they know about the swine flu.</li><li>2. Pass out the article.</li><li>3. Pronounce the new words at the bottom of the page.</li><li>4. Make sure there are plenty of dictionaries available.</li><li>5. Read each paragraph or sentence for the students.</li><li>6. Stop and use dictionaries and pictures for unknown words.</li><li>7. Have one of the students reread the sentence/paragraph.</li><li>8. Discuss /time students rubbing their hands for 20 seconds</li><li>9. Discuss the elbow choice over a person's hand.</li><li>10. Have the students take turns matching the new words.</li><li>11. Pass out the true and false sheet.</li><li>12. Have the students take turns reading the statements.</li><li>13. Have the students choose the answer and make corrections.</li></ol>
Assessment/ Evidence	As the students discuss the content, use dictionaries, and answer the true and false questions, the teacher can assess the students understanding of the article.
Reflection	Will the students use the information in this article to protect their own health and their families?

## Here Comes The Swine Flu

The swine flu, its official name is H1N1 influenza, could make millions of Americans sick. During the winter, many people could catch the flu from other humans, not pigs.

Is the flu only in the United States? No, more than 100 countries around the world are reporting new cases of the swine flu. Since this disease is all over the world or globe, it is called a global pandemic. It's the first such flu pandemic in 41 years.

There have been more than 2,800 deaths reported so far. The people most likely to be very sick or die from the swine flu would probably be under the age of 25, pregnant women, and weak people.

Most people will have nothing more than fever, body aches, a sore throat, a runny nose, and, in about half the cases, stomach problems. Since the swine flu is caused by a virus, a tiny germ, an antibiotic won't help you get well. A flu injection or shot should keep you from getting the flu.

The best way to protect yourself from the flu is to do the following: **First**, wash your hands often, scrubbing at least 20 seconds. **Second**, when you sneeze, cover your nose and mouth with a tissue or sneeze into your elbow, not your hands. **Third**, stay home until your fever has stopped for at least 24 hours.

**Directions:** Match the words in the left column with the letters in the right column.

- |                     |                           |
|---------------------|---------------------------|
| _____ 1. influenza  | A. get                    |
| _____ 2. swine      | B. the whole world        |
| _____ 3. catch      | C. cleaning               |
| _____ 4. cases      | D. woman expecting a baby |
| _____ 5. pandemic   | E. keep from harm         |
| _____ 6. pregnant   | F. muscle pain            |
| _____ 7. weak       | G. pig                    |
| _____ 8. aches      | H. flu                    |
| _____ 9. protect    | I. not strong             |
| _____ 10. scrubbing | J. sick persons           |

# The Swine Flu

## True or False

directions: answer true (T) or false (F) for each question. If the answer is false, correct the statement.

- \_\_\_\_\_1. The swine flu is caused by a pig.
- \_\_\_\_\_2. The H1N1 influenza will affect only Americans.
- \_\_\_\_\_3. One of the ways to stop the spread of this disease is to wash your hands often.
- \_\_\_\_\_4. Sneeze into a tissue or your elbow, not your hands.
- \_\_\_\_\_5. People over the age of 25 will be most likely to catch the swine flu.
- \_\_\_\_\_6. This winter more people will be inside in close quarters.
- \_\_\_\_\_7. Go to school or work with a fever, muscular aches, and a sore throat.
- \_\_\_\_\_8. The swine flu virus is waiting to explode this winter.
- \_\_\_\_\_9. Stay home for at least 24 hours after your fever ends.
- \_\_\_\_\_10. Return to work as soon as your fever ends.