



# Lesson 2: Cover & Smother!

## Outcomes

### Learning Purpose

- Teach recommended health guidelines to stop the spread of viruses.
- Learn the correct way to use a tissue.

### CATCH IT

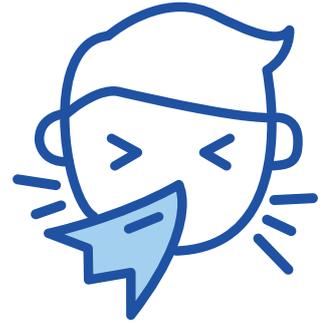
Always use a tissue when you cough and sneeze.

### BIN IT

Throw your tissue in the bin as soon as possible.

### WASH IT

Wash your hands.



### Australian Curriculum Links

- Identify actions that promote health, safety and wellbeing (ACPPS006).
- Recognise situations and opportunities to promote health, safety and wellbeing (ACPPS018).

### 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.





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### What Are Germs?

Germs are tiny living things that are all around us. They're so small we can't see them without a microscope, but they are in the air, on our hands and on objects.

Some germs are 'cold' germs. If we get cold germs in our bodies, we can catch a cold and feel sick. People who have a cold can spread these germs when they sneeze, cough or wipe their nose.

We can help keep our friends and family safe from cold germs by using a tissue, and washing our hands.

Let's find out how to use a tissue to stop germs spreading. There are special stickers for everyone who can use a tissue properly. (The class could create their own SneezeSafe® badges).



### Students should learn to do all of the following:



**1** Grab a clean tissue from the box.



**2** Open up the tissue, then fold it in half.



**3** Hold the tissue gently against both nostrils and blow hard, keeping their mouth closed.



**4** Fold the tissue over and throw it in the bin.



**5** Wash their hands without touching anything else on the way.





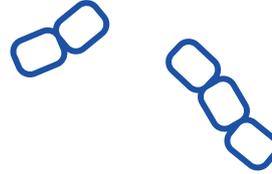
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## Activities

### Cover Your Mouth And Nose

#### What to do:

1. Take a photo of each child, or pair each child up to take each other's photo.
2. Print the photos out on A4 paper; or have the children draw a picture of their face.
3. Ask each student to trace their hand onto art paper and cut it out.
4. Each student takes a tissue and crumples it over the mouth and nose of the face picture (to simulate blowing their nose).
5. Glue the hand cut-out over the tissue, as if they were using a tissue.
6. Students can write a sentence underneath about good Sneezesafe® habits.
7. Laminate and display these artworks around the classroom as a reminder during the cold and flu season.



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### How-To Videos

#### What to do:

1. Put students' in pairs to play the roles of "Catch it Kate and Wash it Will."
2. Invite students to record a short video (on class iPads or tablets) demonstrating the correct way to Catch it, Bin it, and Wash it.
3. Can they imagine another character who might also be included? *e.g. George the Germ.*

