

## 4<sup>th</sup> – 6<sup>th</sup> Grade ‘Keep Our School Healthy’ Video Script

**Dr. Rodenberg:** Hi Boys and Girls! My name is Dr. Howard Rodenberg, and I am here today to talk to you about the flu. The **word** flu is short for influenza, which is an illness that can be spread from person to person. You see, the flu is caused by a virus. Viruses are very tiny organisms, and are so small you can't see them without a powerful microscope. Every year, different viruses cause the flu. Scientists make educated guesses on which of these viruses we need to be protected from and create a “flu vaccine” (or flu shot) to protect us from getting sick. That is why it is so important to get a flu shot every year. When someone sneezes or coughs, these little viruses fly out of his or her mouth, hitch hiking on the tiny droplets that are expelled, like this. If someone else breathes in the droplets with a virus, they can get the flu too. If you get the flu, you may get a fever, chills, cough, body aches, headaches, earaches and sometimes even have trouble breathing. The flu just makes you feel really bad. The good thing is that we can all do things to keep from getting the flu. Let's use my Magic Blackboard to talk with a school nurse about things you can do to keep from getting the flu.

**Nurse Chris:** Thank you, Dr. Rodenberg. As the doctor said, the flu is caused by tiny viruses that are spread when an infected person sneezes or coughs. Besides getting a yearly flu shot, one of the best ways to keep from spreading the flu is to always cough or sneeze in your elbow; like this. This helps to keep the virus in your shirtsleeve and not on your hands, where you can easily spread it to other people.

To keep the flu virus from making you sick, it is also important to wash your hands often. Be sure to use lots of soap and warm water and always wash your hands after you use the restroom and before you eat.

You should never share cups, glasses, silverware or even milk cartons.

But even if you steer clear of coughs and sneezes and you wash your hands regularly, you still might get the flu. You should stay home if you are sick with the flu, and your parents will probably have you do these things until you feel better:

- Rest in bed or on the couch.
- Drink lots of liquids, like water, chicken broth, and other fluids.
- Take the medicine your mom or dad gives you to ease your fever, aches, and pains.
- Be sure and tell your mom or dad if you have trouble breathing, your muscles really hurt, or if you feel confused. These are signs you may need to see the doctor.

Most of the time, you'll feel better in a week or two. Until then, you'll have to stay home from school and take it easy. We hope you're flu free this year, but if you do get the flu, now you know what to do!

**Dr. Rodenberg:** Thank you Nurse Chris. Okay kids; let's use the Magic Blackboard to review what we've learned today.

Dr. Rodenberg points at the Magic Blackboard with his pointer as each of these bullet points appear:

- Flu viruses are tiny organisms that are different each year.
- Getting a flu shot each year can protect us from the flu virus.
- Flu bugs can travel in the tiny drops that come out of our mouths and noses when we cough or sneeze
- We should always cough or sneeze in our elbows.

- We should wash our hands with soap and warm water as often as possible, but especially before eating.
- If we get sick with the flu, we should do what our parents tell us and stay home from school until we feel better.

By doing these things, we can all stay healthy during flu season. We don't want to feel yucky because of the flu, do we?

**Get out of here, you pesky flu bugs; you won't make us sick with the flu this season!**

**Show Flu Bug University TV spot.**

**(Announcer)** Welcome to Flu Bug University

**(Professor)** Attention!

What are the best ways to spread the flu?

**(Flu Bug)** Make sure people sneeze in their hands and forget to wash them!

**(Professor)** Excellent! (a devious smile)

**(Flu Bug)** Get people to go to work and school when they are SICK!

**(Professor)** Excellent! (a devious smile)

**(Flu Bug)** Keep people from getting flu shots!

**(Professor)** RIGHT! Those things will kill us for sure!!!

(Outcry from class)

**(Announcer)** This flu season, don't let the flu bug you.