

Teacher's Guide

This guide includes:

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- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
[nasbe.org/HealthySchools/States/
State_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)



Grades 9 to 12 • Health Problems Series Bird Flu

H5N1. It sounds relatively harmless. But could this strain of bird flu mutate in such a way to spread from human to human? Could it cause a pandemic? Bird flu (also called avian flu) is causing concern around the globe and prompting world leaders to prepare for a possible pandemic. The following discussion questions and activities will help your students analyze the risks of bird flu and determine strategies for preventing a pandemic.

Related KidsHealth Links

Articles for Teens:

Bird Flu (Avian Flu)

KidsHealth.org/teen/infections/colds_and_flu/bird_flu.html

Inside the Avian Flu (Movie)

KidsHealth.org/misc/movie/parent/avianflu/index.html

Hand Washing

KidsHealth.org/teen/your_body/skin_stuff/handwashing.html

Immunizations

KidsHealth.org/teen/school_jobs/college/immunizations.html

Why Should I Care About Germs?

KidsHealth.org/teen/your_body/health_basics/care_about_germs.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What is a pandemic? What needs to occur for bird flu to cause a pandemic? Discuss how a pandemic could disrupt society. What are the potential short- and long-term consequences of a pandemic?
2. Analyze the role of the individual versus government responsibility in preventing an outbreak of bird flu. What should the government be responsible for? What should individuals be responsible for? What is the single most important thing the government can do to prevent a pandemic? Why do you think so? How about individuals? Why?
3. Compare bird flu and the flu virus that affects humans. What makes bird flu a greater threat than the seasonal flu?
4. What role does the media play in containing bird flu? How could the media affect public health in the face of a pandemic? Do you think the media's effect would be positive or negative? Why?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

No Pandemic, Mr. President

Objectives:

Students will:

- Learn about the possibility of a bird flu pandemic
- Develop an emergency plan for dealing with bird flu

Materials:

- Computer with Internet access
- Word processing program, or pen and paper

Class Time:

45 minutes

Activity:

The year is 1998. The H5N1 strain of the bird flu has been identified as a health threat and has caused a scare around the world. You have been appointed as the liaison to the president in charge of developing an emergency plan for avoiding a bird flu pandemic in the United States. You need to brief the president on the main points of your plan. First, conduct research at KidsHealth, the Centers for Disease Control and Prevention, and the World Health Organization about bird flu and the threat of a pandemic. Next, develop a slide-show presentation that includes the following information for the president:

- What are the warning signs of a bird flu pandemic?
- What can the government do to avoid a pandemic?
- What resources will you need to implement your plan?

Extensions:

1. The president thinks that your plan is well researched but will cost the country too much money to implement. Role-play the conversation you would have with the president. Support the need for your plan with facts and figures about bird flu. Defend why your plan needs to be funded, despite the possibility that the pandemic might never happen.
2. As you conducted your research about bird flu, you discovered many influenza pandemics in our history. Select one flu pandemic that occurred in the past, and write a one-page summary about it, including information about when it occurred, the impact of the virus, and what the outbreak could teach us about a possible bird flu pandemic.
3. Regardless of what the president decides to do about a national plan for bird flu, there are certain steps that you can take to protect yourself from this virus. Formulate a long-term plan to keep yourself healthy. Include specific precautions that you could take to avoid bird flu.



Vaccination Information

Objective:

Students will:

- Explore the potential risks and benefits of a bird flu vaccine

Materials:

- Computer with Internet access
- Word processing program, or pen and paper
- Vaccination Information handout (available at: KidsHealth.org/classroom/9to12/problems/conditions/bird_flu_handout1.pdf)

Class Time:

45 minutes

Activity:

A vaccine for bird flu may be ready next year. To educate the public, the vaccine manufacturer has hired you to design a one-page mailer to be sent to every home in America, providing facts about bird flu and the importance and safety of this vaccine. Before you get started, collect information about bird flu and vaccines at KidsHealth, the Centers for Disease Control and Prevention, and the World Health Organization. Use the Vaccination Information handout to record your research. The vaccine manufacturer wants the following information included:

- What is bird flu?
- What is a vaccine?
- What are the benefits of getting the bird flu vaccine?
- What are the risks of not getting it?

Because this mailer is going to be sent to a wide audience, the vaccine manufacturer wants it to be clear and easy to understand. It should also be persuasive in assuring the public that the vaccine is safe and effective for preventing bird flu.

Extension:

1. What's the difference between antiviral medications and vaccines? Using a Venn diagram, compare these medicines. If you were faced with an outbreak of bird flu, which would you prefer to take and why?

Reproducible Materials

Handout: Vaccination Information

KidsHealth.org/classroom/9to12/problems/conditions/bird_flu_handout1.pdf

**Name:** _____**Date:** _____

Vaccine Information

Instructions: A vaccine for bird flu may be ready next year. To help educate the public, the vaccine manufacturer has hired you to design a one-page mailer to be sent to every home in America, providing facts about bird flu and the importance and safety of this vaccine. Before you get started, collect information about bird flu and vaccines at KidsHealth, the Centers for Disease Control and Prevention, and the World Health Organization. Use this graphic organizer to record your research and address the following questions:

What is bird flu?**What are the benefits of getting the bird flu vaccine?****What is a vaccine?****What are the risks of not getting the vaccine?****Bird Flu**