

Unit: The Flu Shot

Objective

Ps will identify what the flu (influenza) is, what the flu shot is, and why it might be beneficial to get the flu shot each year

Materials

- **Become a Flu Expert**
- **Cold Vs Flu**
- **Seniors and the Flu**
- **Where do you get the flu shot?**

Step 1 Warm Up (5 minutes)

The Flu:

- Ask the Ps “What is the flu?” Record their answers on the board.
- Ask the Ps “Is the flu dangerous?” Ask “why” or “why not?”
- Ask the Ps “What is the flu shot?” Record their answers on the board.
- Ask who gets the flu shot.
- Explain today we will talk about the flu shot.

Step 2 Work out (30 minutes)

What is the flu?

- Hand out **Become a Flu Expert** page and go over it together.
- Ask Ps how they know if they have a cold or flu – record their answers on the board
- Hand out **Cold Vs Flu** page. Discuss the differences.
- Make sure they understand the meanings of each symptom such as a cough, runny nose, aching muscles, etc.
- Ask the Ps why the flu can be dangerous. Can they find the answer in the information in **Cold Vs Flu?**
- What are some things they can do to prevent the flu? Can they find the answer in **Cold Vs Flu?**
- Why is the flu shot particularly important for seniors? What do they think?
- Hand out **Seniors and the Flu**. Go over the information together.

- Where can they get the flu shot? Record their answers on the board.
- Hand out **Where to get the flu shot?** Discuss the information.

Step 3 Cool Down (5 minutes)

Check their progress:

- Ask what is the flu? What are the symptoms? How is it different from a cold?
- Why is the flu dangerous for seniors?
- Ask them what can they do to NOT get the flu – do they say flu shot?
- Where can they get the flu shot?
- Where will they each go? Have them share?