

HRL PARENT WORKSHOP: FLU SEASON AND COMMON COLDS

Workshop Developer:

Children's Health Fund

Workshop Description:

This workshop will provide parents information about common cold and the flu.

Key Points (knowledge to be gained):

1. Knowing the cause
2. Knowing when to stay home
3. Tools for Prevention

Short Term Objectives (actions to be completed during the workshop):

1. Parents will be able to identify causes, symptoms, and methods for prevention.
2. Parents will learn truths about vaccines.

Long Term Objectives (longer-term actions that we're aiming toward):

1. Parents will make their children are immunized.
2. Parents will help their children develop cold and flu preventative habits.

Materials:

1. Presentation with sound for video
2. Post-Workshop Surveys

Workshop Lesson Plan: See presentation for additional facilitator information/notes

Timing	Slide	Actions	Materials Needed
5 mins	Administer pre-workshop surveys.	Hand out surveys; Before handing out the survey number them (in the top right corner). Ask participants to fill out the front side (the side that says <i>before</i> . Then have participants hang on to the survey until the end of the presentation.	Pre Surveys
1 min	Slide 1	Introduce the topic	
2 mins	Slide 2	Allow participants 1 min to give answers to the question. Choose 1-3 parents to share their ideas	
1 min	Slide 5	Read the question. Allow audience to respond. Click for answer.	
1 min	Slide 10	Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas	
1 min	Slide 12	Allow participants 1 mins to give answers to the question. Choose 1-3 parents to share their ideas	
3 mins	Slide 18	Allow participants 3 mins to talk about this question with the person to the left or right of them.	

1 min	Slide 21	Allow participants 1 min to give answers to the question. Choose 1-3 parents to share their ideas	
5 mins	Slide 27 Review Handout	Mention that another way to help your child stay healthy is to make sure they are up-to-date on all of their other vaccines. Then hand out the vaccine schedule and review it with the parents so that they understand how to read the schedule.	Vaccine Handout
3 mins	Wrap-Up + Review Key Points	Brief review of discussion	
4 mins	Administer post-workshop surveys.	Ask participants to complete the back side of the survey they received at the start of the workshop. Collect the surveys from all participants.	Post Surveys



Flu Season and Common Colds

Parent Workshop

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Thinking Question

What is **one way** children can get sick with the flu or a common cold?



Facilitator Notes: Ask the audience this question. Allow participants 1 mins to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image source:

<https://pixabay.com/en/photos/sick/>

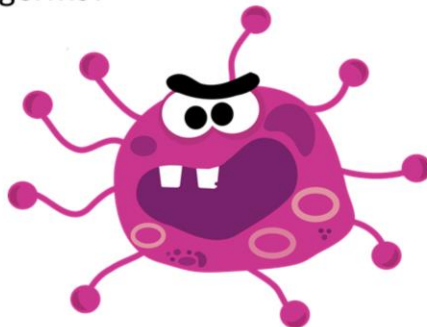
Today's Takeaways:

- **Know the signs.** Know how to recognize the flu and the common cold.
- **Stop the spread.** Know common causes of the flu and the common cold, and how you can stop the spread.
- **Be a flu fighter.** Learn how to stay healthy during flu season.

Facilitator Notes: In this session we will... click for each bullet. (read through the takeaways)

Causes

What are germs?



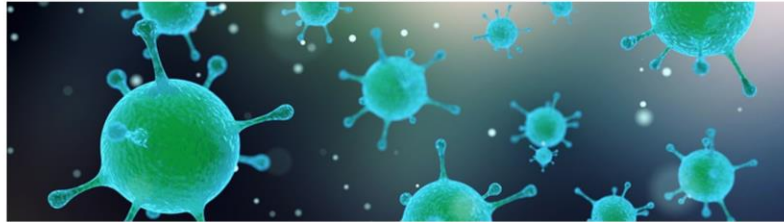
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Facilitator Notes: “There are many different types of germs. Some germs are viruses, and different viruses cause different illnesses. For example, some viruses cause problems like diarrhea. Other viruses cause illnesses like the common cold. We will be talking about the viruses that cause the cold and the flu today.”

Image source: https://cdn.pixabay.com/photo/2013/07/13/11/25/germ-158107_960_720.png

Causes of the Common Cold



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Reference: <https://www.cdc.gov/features/rhinoviruses/index.html>

Image source: https://cdn.pixabay.com/photo/2016/12/17/10/27/virus-1913183_960_720.jpg

Causes of the Common Cold

True or False

Getting chilly or wet **can cause** you to catch a cold.

False

Source: <http://www.webmd.com/cold-and-flu/cold-guide/understanding-common-cold-basics>

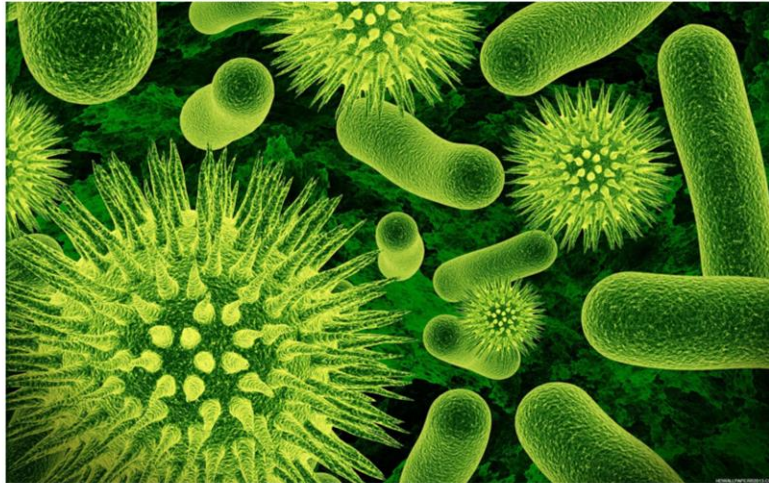
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Facilitator Notes: Read the statement. Allow audience to respond. Click for answer. "The common cold is caused by a virus, not by getting chilly or wet. These viruses are more common when it is cold outside, which is why you are more likely to get them in the winter time, but they are not related to feeling chilly."

References: <https://www.cdc.gov/features/rhinoviruses/index.html>

Causes of the Flu



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Facilitator Notes: “The flu is caused by a different type of virus, called influenza. It is spread in similar ways as the common cold. We will talk about these on the next few slides.”

Image source: <https://upload.wikimedia.org/wikipedia/commons/a/a7/Cellular-virus-wallpaper.jpg>

How Do Children Catch the Flu?



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Facilitator Notes: "Most often, the flu is spread through droplets in the air when people sneeze, cough, or talk. It can also be spread by touching people or objects that have germs on them, and then touching your eyes, nose or mouth. People who have the flu virus can spread it to others before they develop symptoms or know that they are sick."

Click for each picture. As pictures pop up describe them..."Playing outside, touching railings, touching doorknobs, and touching computer keyboards all lead to (click for arrow)."

References:

https://cdn.pixabay.com/photo/2017/06/17/04/13/children-playing-2411122_960_720.jpg

<https://media.defense.gov/2010/Jun/14/2000352201/-1/-1/0/100611-F-1124Q-128.JPG>

<http://www.e-administration-collectivites.fr/wp-content/uploads/2014/07/Capture-d%E2%80%99C3%A9cran-2014-07-29-%C3%A0-09.36.13-300x186.png>

https://c1.staticflickr.com/4/3935/15475728248_237324c26b_b.jpg

How Do Children Catch the Flu?



Source: <http://www.publicdomainpictures.net/pictures/170000/velka/immunabwehr.jpg>

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Facilitator Notes: "Germs on the hands, and then"...click for arrow

How Do Children Catch the Flu?



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Facilitator Notes: “These germs often enter into a child’s body when children put their fingers in their mouth, eat finger foods, rub their eyes, or bite their nails. The flu can be passed from person to person directly or by touching objects with viruses on them.”

Images

<https://pixnio.com/free-images/people/children-kids/boy-holding-a-slice-of-cantaloupe-with-both-his-hands-up-to-his-mouth.jpg>

https://cdn.pixabay.com/photo/2015/06/23/08/54/child-818434_960_720.jpg

Symptoms



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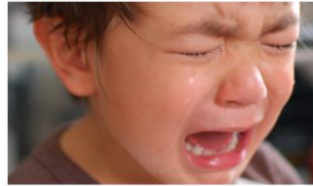
11

Facilitator Notes: “We are exposed to many different kinds of germs every day, including viruses. Sometimes, the germs that we get from other people make us sick. When we get sick, our bodies react. We will talk about the different ways our bodies react to cold viruses and to the flu virus.”

Image source:

<https://upload.wikimedia.org/wikipedia/commons/thumb/9/93/Gnome-face-sick.svg/600px-Gnome-face-sick.svg.png>

Symptoms of the Common Cold



Facilitator Notes: (Describe the images as they come up. Click for each image). “If your child is exposed to the cold virus and gets a cold, they can experience a sore throat, fatigue or sleepiness, coughing, sneezing, stuffiness or a mild fever. These symptoms will go away on their own, without medication like antibiotics.”

Image Sources:

[https://upload.wikimedia.org/wikipedia/commons/thumb/a/ab/US_Navy_040113-N-4614W-](https://upload.wikimedia.org/wikipedia/commons/thumb/a/ab/US_Navy_040113-N-4614W-005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg/320px-US_Navy_040113-N-4614W-005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg)

[005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg/320px-US_Navy_040113-N-4614W-](https://upload.wikimedia.org/wikipedia/commons/thumb/a/ab/US_Navy_040113-N-4614W-005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg/320px-US_Navy_040113-N-4614W-005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg)

[005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg](https://upload.wikimedia.org/wikipedia/commons/thumb/a/ab/US_Navy_040113-N-4614W-005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg/320px-US_Navy_040113-N-4614W-005_Capt._Wan_Mun_Chin_examines_a_patient_suffering_from_a_sore_throat_and_high_fever.jpg)

https://c1.staticflickr.com/4/3237/2899151607_eb52dab8cf_b.jpg

https://c1.staticflickr.com/3/2660/4121739959_6ce2314a2d_b.jpg

https://c1.staticflickr.com/8/7308/12214427566_660fc2d543_b.jpg

https://cdn.pixabay.com/photo/2015/07/31/17/55/thermometer-869392_960_720.jpg

<http://i.huffpost.com/gen/1679709/images/o-CRYING-CHILD-facebook.jpg>

Thinking Question

How **many days** does a
common cold usually last?



Facilitator Notes: Ask the audience this question. Allow participants 1 minute to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image: http://i.vimeocdn.com/video/606412082_1280x720.jpg

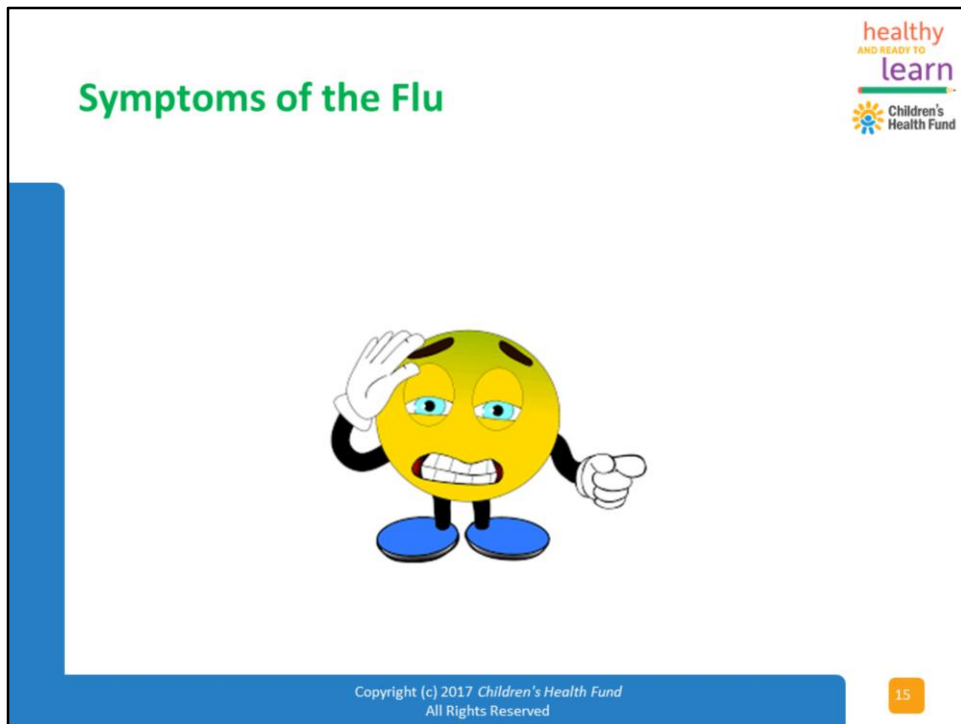
Most colds last about **7 to 10 days**.
If symptoms last longer call a doctor.



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Image: https://c1.staticflickr.com/4/3237/2899151607_eb52dab8cf_b.jpg



Facilitator Notes: “The flu is usually much more severe than a common cold. It can cause all the symptoms we just discussed plus a very high fever, sore muscles, a headache, and chills. A person who has the flu will often have a fever over 100 degrees and will feel very sick. The flu symptoms usually start very suddenly. The flu can be especially dangerous for children with asthma or other health problems. If you think your child has the flu, they should see a doctor.”

Image source:https://pixabay.com/p-2115136/?no_redirect

Thinking Question

When **should** you keep your child home from school?



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Facilitator Notes: Ask the audience this question. Allow participants 1 minute to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

Image Source:

https://cdn.pixabay.com/photo/2015/09/23/08/17/school-953123_960_720.jpg

Does your child have a fever of
100 or higher?

If **yes**, your child should stay at home.

Source: <http://www.healthline.com/health/cold-flu/school-sickdays>
<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Illness.aspx>

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Facilitator Notes: “The following are questions that you should ask yourself when deciding if your child can go to school.”

Click for response

Can your child **participate** in school activities?

If **no**, your child should stay at home.

Source: <http://www.healthline.com/health/cold-flu/school-sickdays>
<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/illness.aspx>

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Facilitator Notes: Click for response

Would you **take off work** if you had this condition?

If **yes**, your child should stay at home.

Source: <http://www.healthline.com/health/cold-flu/school-sickdays>
<http://www.nhs.uk/Livewell/Yourchildsatschool/Pages/illness.aspx>

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Facilitator Notes: Click for response

Prevention



Source: <http://www.webmd.com/a-to-z-guides/features/cold-flu-prevention-tips>

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Facilitator Notes: “There are some things you can do to help your child fight the spread of many different germs, including the viruses that cause the common cold and the virus that causes the flu. Teach them how to cover their cough, encourage them to eat healthy foods (especially foods with vitamin C such as fruits and veggies), teach them to wash their hands with soap, encourage them to be active and exercise, make sure they get 10-11 hours of sleep each night and encourage them to drink a lot of water.”

Image Source:

<https://media.defense.gov/2013/Feb/14/2000075261/-1/-1/0/121213-F-ZU607-001.JPG>

https://c1.staticflickr.com/2/1505/25864276662_88f1e0153c_b.jpg

https://cdn.pixabay.com/photo/2015/10/16/14/48/boy-991274_960_720.jpg

<https://pixnio.com/free-images/people/children-kids/young-african-american-school-boy-who-was-photographed-during-his-outdoor-physical-education-class.jpg>

https://c2.staticflickr.com/4/3165/2406536796_b6cac7d635_z.jpg?zz=1

Prevention of the Flu



Source: <http://www.flu.gov/at-risk/children/index.html>

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Facilitator Notes: “There is another very important way that you can help prevent your child from getting the flu, specifically. They should get the flu vaccine every year. This vaccine helps people stay healthy even if they are exposed to the flu, and fight off the flu virus before it makes them sick. The flu vaccine can be given as a shot or a nasal spray.”

Image: https://c1.staticflickr.com/6/5599/15242740638_a94d9c7527_b.jpg

Prevention of the Flu

Parent Share:

What are some **fears/myths** that parents have about the flu vaccine?



https://c1.staticflickr.com/6/5599/15242740638_a94d9c7527_b.jpg

Prevention of the Flu

True or False

“The flu vaccine makes you sick.”

False

However, the flu vaccine

- only protects against the flu virus, so you can still get sick from other viruses
- takes about 2 weeks to start working

Source: <http://www.cdc.gov/flu/about/qa/misconceptions.htm>

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Prevention of the Flu

True or False

“You only need to get the flu vaccine once in your lifetime.”

False: Anyone 6 months and over should get the flu vaccine once every year.



Source: <http://www.cdc.gov/flu/protect/keyfacts.htm>
<http://www.cdc.gov/flu/about/qa/misconceptions.htm>

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Facilitator Notes: Click for answer. “People need the flu vaccine every year because the flu virus and vaccine is always changing. Very young children may need to get two shots the first time they get the flu vaccine.”

https://c1.staticflickr.com/6/5599/15242740638_a94d9c7527_b.jpg

Thinking Question:

Why is it important to get the **flu vaccine**?

- To avoid getting the flu, which can make you very sick
- To protect others who cannot get vaccinated, including babies under 6 months



Facilitator Notes: Ask the audience this question. Allow participants 1 mins to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas. Click twice for some answers

https://pixabay.com/p-1816372/?no_redirect

Did you know?

The flu vaccine is especially
important for anyone with asthma.

Facilitator Notes: "Asthma is a disease that causes swelling and irritation in the lungs. The flu can make this swelling in the lungs worse. If a person with asthma gets the flu, they may have worse asthma symptoms on top of their flu symptoms."

Reference: <https://www.cdc.gov/flu/asthma/index.htm>

Thinking Question:

When is the best time of year to get
vaccinated?



Facilitator Notes: Ask the audience this question. Allow participants 1 mins to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 parents to share their ideas.

https://c1.staticflickr.com/6/5599/15242740638_a94d9c7527_b.jpg

Prevention of the Flu

You and your child(ren) should be vaccinated **as soon as** the vaccine becomes available in pharmacies.



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Facilitator Notes: “The vaccine usually becomes available in October.”

https://c1.staticflickr.com/6/5599/15242740638_a94d9c7527_b.jpg

Prevention of the Flu

Before you get the flu vaccine tell your doctor if you...

- are sick.
- are allergic to eggs.
- have asthma.
- have had an allergic reaction to the flu vaccine before.



Source: <http://www.cdc.gov/flu/protect/whoshouldvax.htm>

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https://pixabay.com/p-1816372/?no_redirect

healthy
AND READY TO
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Review Handout

Source: <http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>

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Facilitator Notes: Mention that another way to help your child stay healthy is to make sure they are up-to-date on all of their other vaccines. Then hand out the vaccine schedule and review it with the parents so that they understand how to read the schedule.

**Remember that vaccines
are not just for kids!**

Facilitator notes: “In order to protect your children from getting the flu, everyone in your household should get the flu vaccine. This is the best way to make sure that no one at home catches the flu virus or passes it onto others.”

Today's Takeaways:

- **Know the signs.** Know how to recognize the flu and the common cold.
- **Stop the spread.** Know common causes of the flu and the common cold, and how you can stop the spread.
- **Be a flu fighter.** Learn how to stay healthy during flu season.

Facilitator Notes: Summarize lesson's main points. Click for each bullet

Questions?

healthy
AND READY TO
learn
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(old pic) Source:

<http://www.fda.gov/BiologicsBloodVaccines/ResourcesforYou/Consumers/ucm345587.htm#vaccines>

Thank you!

If you would like to see other Cold and Flu resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

Difference between the common cold and the flu

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

How the common cold and flu can spread:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Tips to keep children healthy during cold and flu season:

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

COLD & FLU PREVENTION PARENT NEWSLETTER

BUILDING HEALTHY HABITS

TIPS FOR COLD & FLU PREVENTION

- ❖ The flu vaccine is the best way to prevent the flu
- ❖ Exercise builds the immune systems
- ❖ Proper hand washing removes germs
- ❖ Plenty of sleep helps the body fight off illness
- ❖ Eating healthy gives your body the nutrients it needs to get better



SECRETS FOR SUCCESS

Missing too many days of school can make your child's grades drop. Coming to school every day can help him or her do their best!

COOKING CORNER



Chicken Noodle Soup

Ingredients:

- 1 can (46 ounces) of reduced sodium chicken broth
- One-half pound boneless skinless Chicken, cut into bite-size pieces
- 1 1/2 cups uncooked medium Egg noodles
- 1 cup sliced Carrots
- One-half cup chopped Onion
- One-third cup sliced Celery
- 1 teaspoon Dill weed
- A dash of ground black Pepper

Directions:

1. In large saucepan, over medium-high heat, heat chicken broth, chicken, noodles, carrots, onion, celery, dill and pepper to a boil.
2. Reduce heat; simmer 20 minutes or until chicken and noodles are cooked.