

## Keeping My Community Disease-Free and Healthy

**NHES Standard 1** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

### Teaching Objectives

- Access valid resources to learn about ways to prevent disease.
- Create a plan to reduce the risks of contracting or transmitting a communicable disease.

### Teaching Strategies

- This activity can be done in groups or individually.
- Before students begin, assign them a developmental group to which they should target their posters (i.e., children, teens, or adults). Instruct students to complete steps 1 through 3. Remind students to develop their posters according to their target audience.
- Have students present their posters and plans to the class. If possible, hang the posters around the classroom or school to promote healthy living.

### Assessment

Using a rubric, student work should provide comprehensive evidence of the following criteria to achieve the highest score.

- ✓ Identifies protective behaviors (e.g., first-aid techniques, safety steps, strategies) to avoid disease transmission
- ✓ Lists steps in correct order
- ✓ Communicates appropriately for the target age group

# Hands-On **HEALTH**

## Activity Keeping My Community Disease-Free and Healthy

Imagine that the people in a community next to yours have an undiagnosed communicable disease. Your goal is to create and present an emergency plan that will reduce the risk of contracting this disease in your community.

### What You'll Need

- textbook
- markers and one poster board per group
- Internet access

### What You'll Do

#### Step 1

Using the textbook and the Internet, research how to prevent the transmission of communicable diseases.

#### Step 2

Create a poster presentation that will educate your audience regarding lifestyle behaviors that will reduce the risk of contracting a communicable disease.

#### Step 3

Identify protective behaviors, listing the steps a person can take to reduce their risk of contracting the disease.

### Apply and Conclude

Present your poster which encourages your audience to make healthful choices.

### Checklist: Self-Management Skills

- ✓ Demonstrate healthful behaviors, habits, and/or techniques
- ✓ Identify protective behaviors (e.g., first-aid techniques, safety steps, strategies) to avoid/manage unhealthy or dangerous situations
- ✓ Listing steps in correct order



## Health Literacy

**What Washing Does** When you wash your hands with soap and water, the rubbing of the hands scrapes off dirt, oils, and other particles, including pathogens. Some soaps contain antibacterial agents designed to kill bacteria, but such chemicals do nothing to eliminate viruses. Studies have shown that

a vigorous washing with soap and water washes away many viruses, including cold viruses. The amount of rubbing one does is the key to washing thoroughly, and that is why rubbing the hands for 30 seconds or more is essential.