

Chapter 23 Lesson 2: Common Communicable Diseases

Introduction:

In this lesson, you learned about flu, strep throat, and other common communicable diseases. You can help prevent the spread of germs that cause these diseases by learning some simple good health manners. On the Web site below, you will learn about a common method of germ transmission called droplet spread, and about some simple techniques for stopping it cold.

Links to Explore:

Stopping Germs at Home, Work and School

http://www.cdc.gov/germstopper/home_work_school.htm

Directions:

- Click on the link and read through the “Stopping Germs at Home, Work, and School” Web page.
 - Then answer the following questions.
1. What is the main way that illnesses like colds and flu are spread from person to person?
 2. What are the two main ways that droplet spread can transmit germs from person to person?
 3. How long can some viruses and bacteria live on surfaces like cafeteria tables, doorknobs, and desks?
 4. What are the three main ways to stop droplet spread?
 5. In addition to practicing good hygiene, what else can teens do to stay healthy during the flu season?

[Teacher Page-include student content above]

Answers:

1. Droplet spread (respiratory droplets from coughs and sneezes)
2. Droplets can transmit germs from person to person when:
 - Droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby.
 - A person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose.
3. Two hours or longer
4. The three main ways to stop droplet spread are to:
 - Cover your mouth and nose when coughing or sneezing
 - Clean your hands often
 - Remind others to practice healthy habits
5. Teens should get plenty of sleep and physical activity, drink water, and eat good food.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Snap

<http://www.itsasnap.org/snap/about.asp>

Washington State Department of Health

<http://www.doh.wa.gov/phepr/handbook/prevent.htm>