

How to...WHACK the Flu!!!

SKit and Flu Prevention Presentation

This is a skit for 3 people to present to elementary school children to demonstrate basic flu prevention techniques and provide interactive learning on health and flu prevention. [*This skit can also be done with two people and 'Streppy the Germ' as a hand puppet on Jane's hand.*]

- Please **MEMORIZE**
- Feel free to use your real names.
- Have FUN with it- if you are having a good time, so will the kids!
- Recruit older students or members of the community as actors.
- Watch a live version of the skit at health.mo.gov/living/healthcondiseases/communicable/influenza/whack.

AT THE END OF THE SKIT:

- Give posters and related activity materials (if available) to the teacher. Please ask teachers to distribute to students at the end of the day; kids can review activity materials with parents.
- Give evaluation form to teachers, and ask to fill out **during the skit** presentation. Collect the evaluation forms after the skit performance. (Optional)
- Ask teachers to put up the WHACK poster near all sinks (if possible) and anywhere else in classroom. Thank teacher again!

Intros: Hello everyone! We are all volunteers from the (your school/organization name). We are here today to talk to you about how to stay healthy and WHACK the Flu! We have a fun skit for you, and then after that, we'll talk about what WHACK stands for. Are you ready? OK!

Scene: Jane enters classroom sniffing and coughing. Trailing her is 'Streppy the Germ' – squirming about and touching various classroom surfaces (walls, desks, students). Mike is "outside" and will enter shortly. [*If using the puppet, Jane has the puppet on her hand behind her back.*]

Jane: (*Walking to the front of the room coughing and sneezing. Puts her hand to forehead, and pretends to look ill. Sniffles as she crosses the front of the classroom.*)
Good morning everyone. I am here today to talk to you about the Flu. I have some posters to hang up in your classroom and some activity materials for you to take home with you.

(*Streppy creeps around Jane's face and arms.*) [*If using puppet, Jane rubs puppet around her face and arms.*]

Mike: (*Walking in through the imaginary door*) Good morning Jane! Oooh, you don't look so well.

Jane: Good morning Mike. Yeah I don't feel well at all. (*Jane continues to cough and sniffle*)

Mike: It sounds like you may be getting sick. Have you heard of Streppy the Flu Germ? He is a germ and can make us sick! He lives in many places, even schools!

(Streppy starts to creep around the front of the classroom, so as not to distract the children too much.)

Jane: Streppy the Flu Germ? Oh yeah...I remember now. He and his friends live in our nose, on our hands, in our mouth, and almost anywhere we can touch with our hands. How do we stop him from getting us sick?! *[If using the puppet, Jane brings the puppet from behind her back to demonstrate where he might live while saying, "He and his friends live in our nose, on our hands, in our mouth, and almost anywhere we can touch with our hands."]*

Mike: Well, one of the most important things we can do to protect ourselves from Streppy and his nasty little flu germ friends is to **WASH OUR HANDS!** I definitely don't want to get all these kids sick OR take germs home with me, or else I could get my whole family sick too! I would rather take 30 seconds and wash my hands with warm soapy water.

Jane: *(coughs and sneezes without covering her nose and mouth)* Oh no! I definitely don't want Streppy the Flu Germ getting these nice kids sick.

Mike: You know if you cover your coughs and sneezes like this *(demonstrates coughing into elbow)* you won't get the germs all over the place or on your hands. It's another really good way to help keep others from getting sick when you are sick.

Jane: Hey... I never thought of that, could you show me again?

Mike: Sure. Hey kids do you want to help me show Jane how to cover your cough? *(Pretends to cough covering his mouth with inside elbow while students practice with him.)*

Jane: That is great!

Mike: Why don't we all practice washing our hands at our desks! *(Everyone starts "washing" his or her hands, but Streppy is waving his hand to indicate "stop".)* Why don't we sing a song to make sure we do it long enough. You should wash for 30 seconds, so how about we sing, "Wash, wash, wash your hands." *(Sing the song with the class twice through.)*

[Sing to the tune of "Row, row, row your boat"]

Wash, wash, wash your hands
Play our handy game!
Rub and scrub, and scrub and rub
Germs go down the drain, HEY!

Wash, wash, wash your hands
Play our handy game!
Rub and scrub, and scrub and rub
Dirt goes down the drain, HEY!

*As Jane and Mike wash their hands, Streppy “sticks” to one of their arms as they scrub, until he eventually goes down the imaginary drain on the floor.
[If using puppet, Jane pulls the puppet off her hand at the end of the song to show the class her clean hands. Discard puppet onto floor to signify death of Streppy, but out of kids’ reach.]*

Jane: Great job everyone! Thanks for practicing handwashing with us. Washing your hands is part of WHACKing the Flu! Let’s go over what WHACK stands for...

*In the next part, each actor holds up their letter written on a sheet of paper. Additional student actors can be used for the acronym description that follows.
[If using puppet, Jane puts the puppet back on her hand discreetly while Mike is talking.]*

Mike: **W is for Wash your hands.** Which you all just did so well! It is important to wash your hands with soap and water often – just like I did in the skit- and for 30 seconds. This will protect you from nasty germs and viruses so you don’t get sick like I did.

Streppy: **H is for Home is where you stay when you are sick.** Another really important thing to do is stay home if you are sick so that you don’t spread germs and get your classmates and teachers sick.

Jane: **A is for Avoid touching your eyes, nose and mouth.** These are the places that little germs like Streppy like to use to get into your body, so if you have a runny nose, don’t touch it with your fingers. Make sure you use tissues and throw them out.

Mike: **C is for Cover your coughs and sneezes.** I already know you all know how to do this, but lets practice one more time (*class practices coughing in elbow*). Remember, this keeps the germs from getting on your hands and hitching a ride to everything you touch.

Streppy: **K is for Keep your distance from people who are coughing or sneezing.** Don’t hang out with them, because that could make you sick.

Jane: All of this is here for you on a cool poster we gave your teacher, who will put it up to help you remember to WHACK the Flu.

Mike: **So remember to practice these habits EVERY day** – they are the BEST things to do for **anything** that is spread through coughing and sneezing germs, whether it be a cold, or the flu! The good news is that by following these simple rules, we can **WHACK the Flu** and keep from spreading our germs to others.

Streppy: Thanks for letting us come and talk to you today. Have a great day and remember to...

All together: WHACK THE FLU!

Check health.mo.gov/living/healthcondiseases/communicable/influenza/whack for the Spanish version of materials.

WHACK the Flu

Presentation Tips

Presentation Style:

- Enthusiasm – Tell the students that you’re glad to be there. **SMILE!!!**
- Body Language – Stand up straight. Don’t fidget with clothes or hair, etc.
- Voice - Speak loudly and clearly; project your voice to all areas of the classroom. If you’re unsure, ask the students if they can hear you. Avoid saying ‘um, ah’ etc.
- Eye Contact – Look directly at people and look at people in all parts of the classroom.
- Movement – You can keep student’s attention by moving around.

Questions:

- If you don’t know an answer to a question, don’t hesitate to say so and either refer teacher/student to the website and phone number on the bottom of the WHACK the Flu poster or tell them that you will try to find the answer and get back to them.

Relax and have fun!

