

use a tissue to catch the germs from  
a sneeze or cough, then throw it out  
and wash your hands!



**COVER  
COUGHS  
and  
SNEEZES**  
**#WelynXPublic2Health**



CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

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**COOK FOOD  
THROUGH**

keeping hot foods hot and cold foods cold blocks germs from growing!



# WASH YOUR HANDS

with soap and water before you eat, and after you use the restroom to keep germs away!

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# MAD-LIB

Fill in this mad-lib with your friends to make a wacky adventure for Lenny!



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Lenny Lynx \_\_\_\_\_ outside all day. He made sure to  
(past-tense verb)

use \_\_\_\_\_ repellent to avoid bug bites. But when  
(noun, an insect)

Lenny came home he forgot to wash his \_\_\_\_\_  
(plural noun, body part)

before dinner. The next day, Lenny felt yucky. He had a runny

nose and \_\_\_\_\_. Lenny's \_\_\_\_\_ had  
(noun, symptom of sickness) (noun, relative)

Lenny stay home to rest in bed. Soon, Lenny felt much better,

and was able to join his friends for a game of \_\_\_\_\_.  
(noun, game)

# WORD SCRAMBLE

Can you unscramble the words to follow the rules of public health that keep you, your friends, and your family safe and healthy?



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1. Use a tissue (or if you don't have one, your elbow!) to cover your mouth when you \_\_\_\_\_. [ Z E E E N S ]
2. Wash your hands often, especially after using the toilet and before you \_\_\_\_\_. [ A E T ]
3. Make sure you \_\_\_\_\_ [ O K O C ] your foods, like raw meat.
4. Be brave and stay up to date on your vaccinations to prevent sickness like \_\_\_\_\_. [ L U F ]
5. When you feel ill, to keep from spreading sickness to friends, you should stay \_\_\_\_\_. [ O M H E ]
6. To protect yourself from \_\_\_\_\_ [ U B G ] bites when you're outside, use repellent.

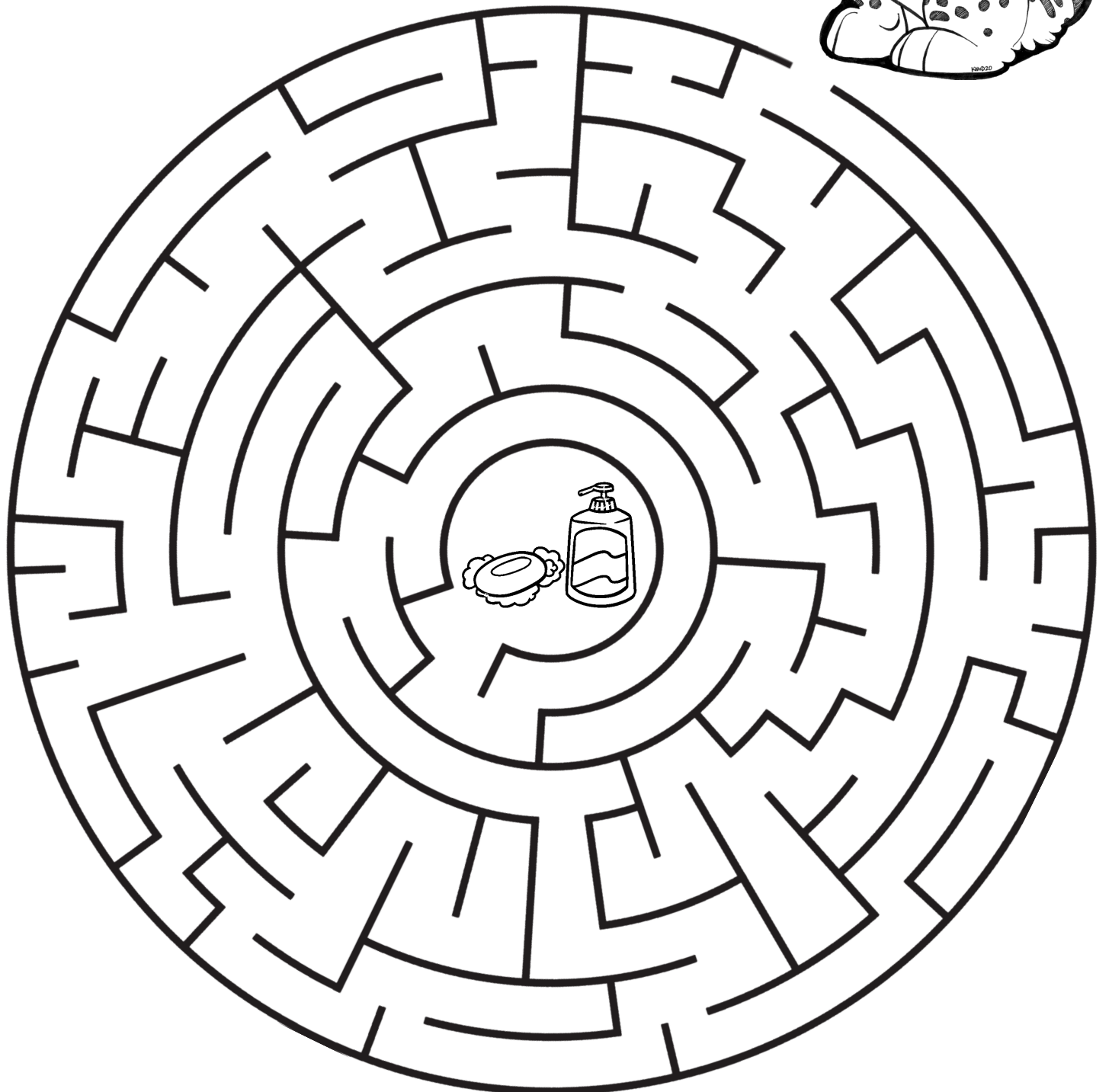
# MAZE

Help the lynx get to the soap so he can wash his paws and stop the spread of germs!

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# HOW I STAY HEALTHY

What do you do to stay healthy?

Write a sentence below and then draw yourself showing the Lynx your healthy habit!

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# WORD SEARCH

Can you find all the public health words?



P F K E D U C A T I O N A W R  
U V E H A N D S N N U P R X T  
B T A N F L D I S I N F E C T  
L I M C V F M O S Q U I T O S  
I C F C C I R E P E L L E N T  
C K Y L E I R H E A L T H V N  
Z D I E S C N O U O N F U M Y  
A F L A A O M A N G C L M G C  
C R L N F M W C T M O U W S I  
O E N G E M A I O I E J J N N  
U E E E T U S U N O O N A E S  
G Z S E Y N H A C E K N T E P  
H E S M O I P R E P A R E Z E  
N U T R I T I O N S B Z B E C  
Y Z C K J Y S A N I T I Z E T

Vaccination

Repellent

Illness

Sanitize

Inspect

Cough

Environment

Mosquito

Prepare

Hands

Public

Tick

Nutrition

Education

Health

Cook

Safety

Wash

Community

Disinfect

Sneeze

Clean

Freeze

Flu

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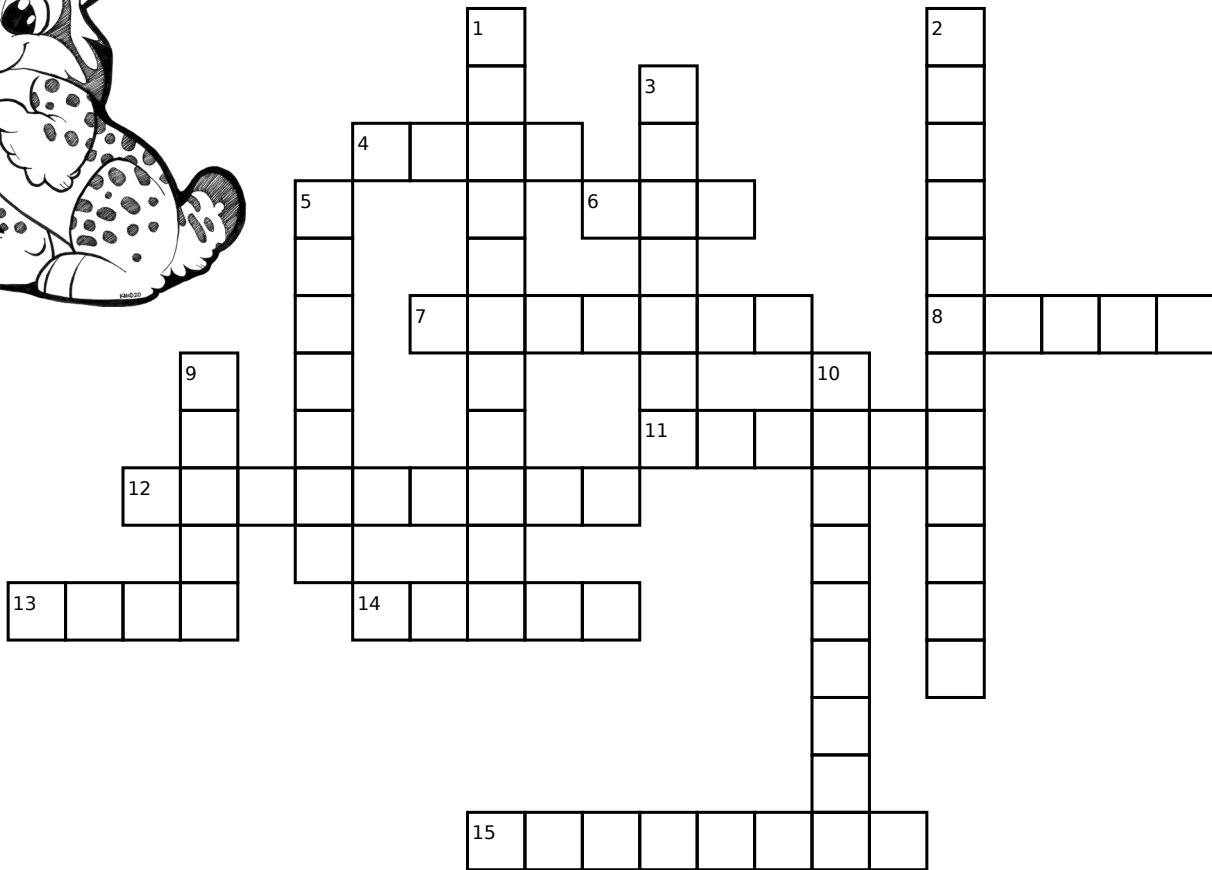
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# CROSSWORD

Do you know all the Public Health vocabulary?



## DOWN:

1. A quick injection you can get at the doctor to keep you from getting sicknesses like the flu.
2. A branch of government that works to prevent disease and protect the health of the community.
3. Another word for a sickness or disease like Flu or Chicken Pox.
5. How you get ready before an emergency.
9. Something you can do into a tissue or the crook of your elbow to avoid spreading germs (from your mouth).
10. A spray or sometimes lotion you can use to keep bugs like mosquitoes and ticks away.

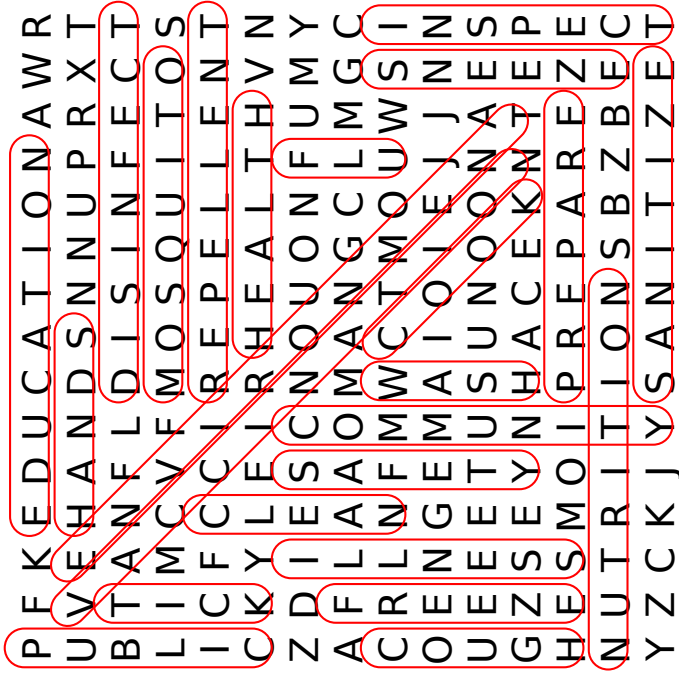
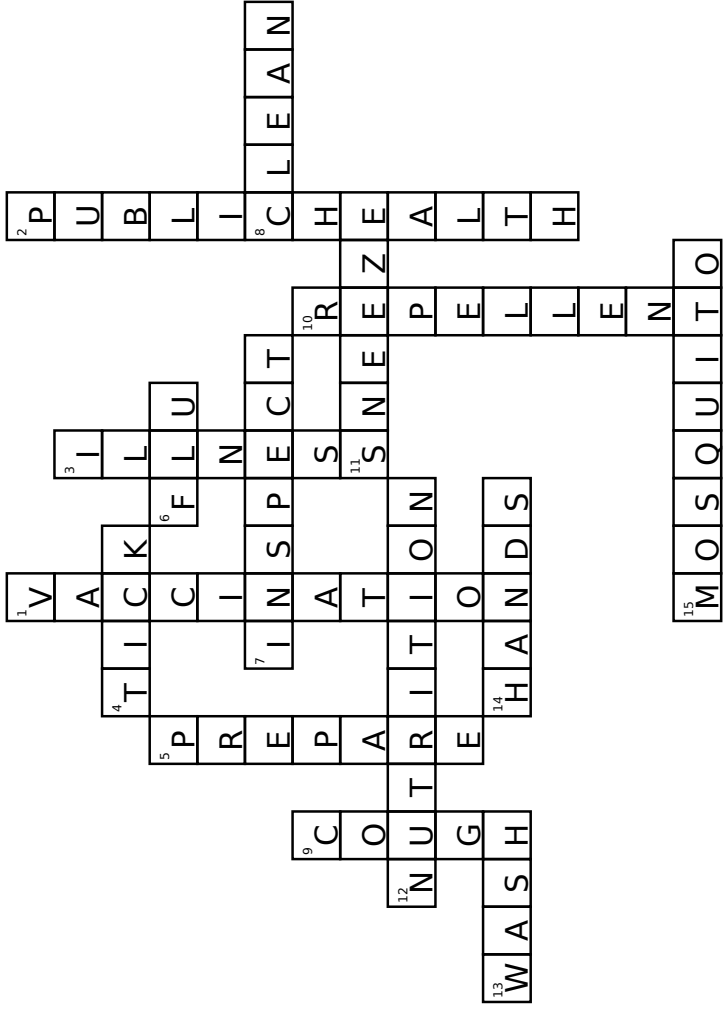
## ACROSS:

4. An 8-legged pest with bites that can cause Lyme disease
6. An illness that spreads easily, but that you can be vaccinated against every year
7. What Public Health staff do at restaurants, pools, and even tattoo facilities to make sure the food/service/pool water is clean and safe for you
8. What you can do to surfaces you touch often like door knobs, keyboards, and toilets.
11. Something you can do into a tissue or the crook of your elbow to avoid spreading germs (from your nose).
12. A word that means food which helps you grow and develop healthy and strong.
13. What you should do with your hands, using soap and water, for 20 seconds
14. What you should frequently wash, including before you eat and after you use the restroom.
15. A pesky bug who's bite gives itchy red bumps, and sometimes diseases.

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Vaccination	Environment	Nutrition	Community
Repellent	Mosquito	Education	Disinfect
Illness	Prepare	Health	Sneeze
Sanitize	Hands	Cook	Clean
Inspect	Public	Safety	Freeze
Cough	Tick	Wash	Flu

# ANSWER KEY

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## Lesson Plan: What Is Public Health? Why is it important?

### Lesson objectives

- April 6-10 is National Public Health Week, but Calhoun County Public Health Department is celebrating the ENTIRE month of April by helping to make the "lynx" between Calhoun residents and Public Health. It's a great time to talk about the best practices of public health with kids and how they can do their part! (wash their hands! cover their mouth when sneezing!)
- Learn about the different roles of Public Health in the community.
- Learn why Public Health is important.
- Learn what things YOU can do to practice public health to keep you, your friends, and your family healthy.

### Summary of Tasks/Actions

- The role of public health departments: to protect and promote the health of a community, and to promote healthy lifestyles.
- Examples of public health work: Inspecting restaurants for food safety and cleanliness. School nurses. Immunizations clinics. Infant safe sleep (a program that teaches families how to safely put their baby to sleep to prevent SIDS, and provides free pack n plays to families without a safe environment for their baby) Inspecting water & wells to you have safe water to drink. Helping businesses and schools prepare for emergencies like illness outbreaks. Many more examples of public health work are available on [www.calhouncountymi.gov/publichealth](http://www.calhouncountymi.gov/publichealth)
- Why is Public Health important: Public health studies illnesses and puts programs in place to keep them from spreading that everyone can access. RIGHT NOW, Public Health is working to keep COVID-19 (coronavirus) away, so you don't get sick, and so that hospitals don't get overwhelmed by folks that need help recovering from the sickness.
- What can YOU do to practice Public Health?
- Examples: Wash your hands with soap and water! Cover coughs and sneezes with a tissue (or your sleeve if you don't have a tissue) then throw it out and wash your hands. Make sure foods are cooked properly - hot foods should stay hot and cold foods should stay cold to keep germs from growing on your snacks. Use bug repellent when you're outside to avoid tick and mosquito bites (which can give you illnesses like Lyme Disease). Wear sunscreen. Stay home when you feel sick and rest so you don't spread it to others.

### Materials

- Materials will vary depending on the age group you teach.
- Coloring and activity pages are attached.
- Talk to your School Nurse about doing a "GloGerm" demonstration.
- Some videos you may find helpful to the discussion:
- This is Public Health <https://www.youtube.com/watch?v=oQkGx6gRGIY>
- Susie's song - the Journey of a Germ: <https://www.youtube.com/watch?v=b09luE7z2qY>
- Immune System, Part 1; Crash Course #45: <https://www.youtube.com/watch?v=GIJK3dwCWCw>
- Pepper experiment to show hand-washing importance: [https://www.instagram.com/p/B9kOH4HhZBA/?utm\\_source=ig\\_web\\_copy\\_link](https://www.instagram.com/p/B9kOH4HhZBA/?utm_source=ig_web_copy_link)
- If you complete any of the coloring/ activity pages with your lesson, consider sharing them sending a scan to [kmcdermott@calhouncountymi.gov](mailto:kmcdermott@calhouncountymi.gov) to share student's work on the Public Health Department's social media! (any names or identifying information for the students will be omitted)