

English Express Teaching Notes



Influenza (the flu) – What can I do?



Please photocopy these notes.

October 2009

About the special issue

These Teaching Notes accompany a special issue of *English Express* called **Influenza (the flu) – What can I do?** The special issue was published by Alberta Health and Wellness in co-operation with Alberta Advanced Education and Technology.

How to order the special issue

Contact your local public health centre. Call Health Link Alberta for a list of health centres in your area.

In Calgary, 403-943-5465

In Edmonton, 780-408-5465

Outside Edmonton and Calgary,
1-866-408-5465 (free)

For information about the regular issues of *English Express*, e-mail: subscriptions@englishexpress.ca



Do pre-reading activities

Introduce some of the words that students will read in the special issue: influenza, H1N1, virus, symptoms, over-the-counter medicine, Health Link Alberta.

Ask students if they have any questions about the flu (seasonal and H1N1). Make a list of the questions. Try to find the answers to some of their questions in the special issue.

Discussion activity

Do your students know where the nearest emergency centre is? Do they know the best route? Discuss what an emergency might be.

Stay healthy

Help you and your students stay healthy. Keep an alcohol-based hand cleanser nearby for everyone to use.



Answers for exercises

Flu symptoms (TN-2)

- | | |
|----------------|-------------|
| 1. fever | 5. chills |
| 2. cough | 6. sore |
| 3. headache | 7. runny |
| 4. weak, tired | 8. appetite |

True or false (TN-3)

- | | |
|------|------|
| 1. T | 5. F |
| 2. F | 6. F |
| 3. T | 7. T |
| 4. T | 8. T |



George has the flu (TN-4)

1. d 2. c 3. a 4. e 5. b

Read-only version online

You can find a read-only version of the special issue **Influenza (the flu) – What can I do?** on the Internet. You can print these Teaching Notes too. Go to:

www.health.alberta.ca/health-info/influenza.html

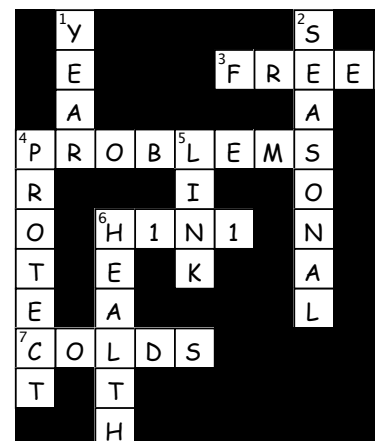
or

www.englishexpress.ca

Click on “Special issues.”



Crossword answers (TN-4)



Art—hand sanitizer, computer, phone: Guy Parsons; other art: Nola Johnston

Fill in the blanks with the correct words from the box.



1. I have a fever .



2. I have a dry _____ .



3. I have a _____ .



4. I feel very _____
and _____ .



5. I have the _____ .



6. I have a _____ throat.



7. I have a _____ nose.



8. I have no _____ .

appetite

chills

cough

~~fever~~

headache

runny

sore

tired

weak

Look for the answers

Can you find these things on pages A to D of the special issue?

1. Two things to do if you have the flu

2. Two things to do if you have a sore throat

3. Two things to do if a child has a fever

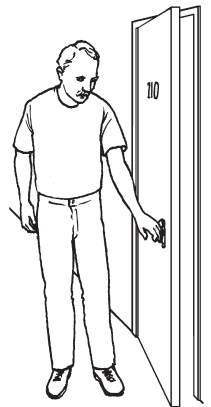
4. Two things that you might need if you get the flu

True or false

Answers on page TN-1

Write T if the sentence is true. Write F if the sentence is false.

- T 1. A virus causes the flu.
2. Most people get very sick when they get H1N1 flu.
3. A baby with the flu may cry more than usual.
4. The flu virus can live on doorknobs for 1 to 2 days.
5. You should always cough into your hand.
6. You need a prescription for over-the-counter medicine.
7. If you are very sick, call 9-1-1 or go to an emergency centre right away.
8. You can get health information and advice from Health Link Alberta.



What can George do? Write the correct letters on the lines.

_____ 1. a fever

a. He can use salt-water nose drops or mist.



_____ 2. a dry cough

b. He can rest and get lots of sleep.

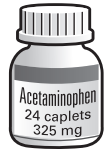


_____ 3. a stuffy nose

c. He can try cough syrup with DM.

_____ 4. a sore throat

d. He can take acetaminophen or ibuprofen.



_____ 5. very weak and tired

e. He can use throat lozenges.



Art: Guy Parsons

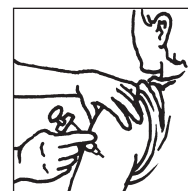
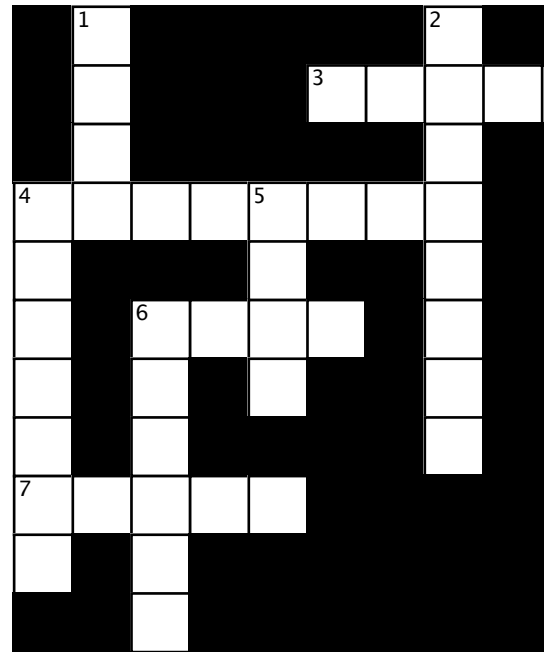
Crossword – Flu shots

Across

3. Flu shots are _____ in Alberta. You don't need to pay for them.
4. Do you have medical _____? For example: heart disease.
6. _____ is a new type of flu virus.
7. Flu shots don't protect you from _____.

Down

1. Get flu shots every _____.
2. In Canada, people usually get the _____ flu between November and April.
4. A flu shot helps _____ you from the flu.
5. Call Health _____ Alberta for more information.
6. You can get flu shots at many public _____ centres.



Art: Nola Johnston