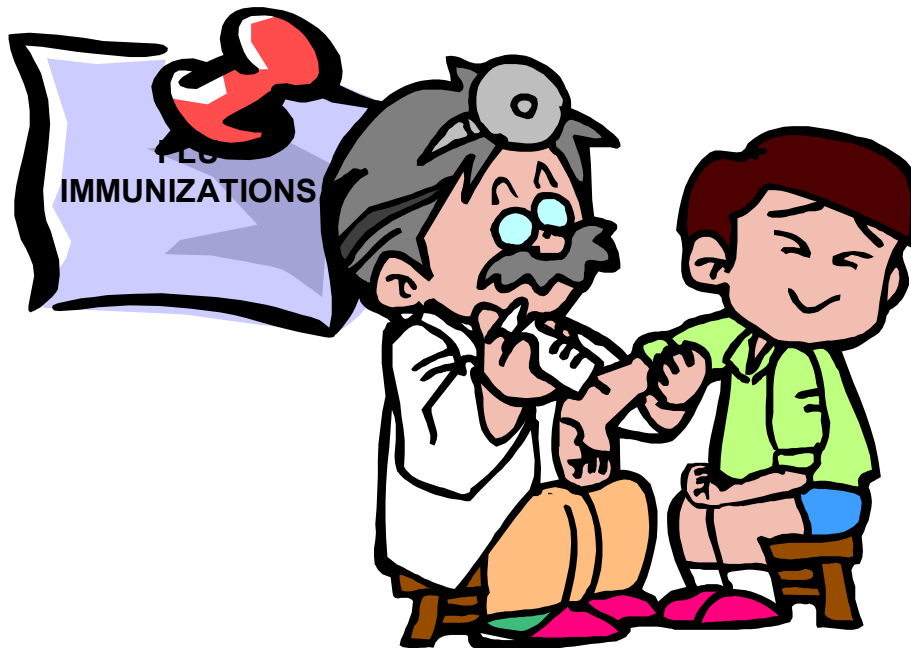




PRIME TIME HEALTH
*PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS

FLU JEOPARDY



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Cover Sheet

Title: Flu Jeopardy

Approx. Presentation Length: 30 - 40 minutes

Purpose: To creatively communicate information about influenza to older adults.

Learning Objectives: To have a better understanding of the flu, prevention, precautions and how & where to obtain a flu vaccine.

Method of Teaching: Interactive question & answer program, using the format of a jeopardy game. Note: Preparation is needed for this module to set-up your game board. Be sure you have enough handouts and evaluations for all your participants.

Materials Needed:

Handouts: “Be a Fighter – Knock Out the Flu Before the Flu Knocks You” from the American Lung Association (You may need to order these from the American Lung Association at 1-800-LUNG-USA.)

Prizes for winner(s) & participants

Get a listing of upcoming PrimeTime Health activities from your PrimeTime Health Coordinator.

Additional Resources for the Peer Educator:

Age Page: What to Do About the Flu

Equipment Needed:

Tri-fold free-standing cardboard display board – 3ft x 4ft wide and question/number cards.
You may to take extra sticky gum.

Publicity Pieces:

Flyer: What’s True About the Flu

Evaluation:

Self-Evaluation X

Participant Evaluation X

FLU JEOPARDY GAME

Teaching Syllabus

Flu Jeopardy is played the way Jeopardy is played. An individual chooses a topic/category and selects a number from 100 - ? for a question. (In this case, it is 100-500). The individual must try to answer the question. If successful, they receive those points.

Flu Jeopardy Set-Up

Use a tri-fold, free-standing cardboard display board, approx. 3 ft. high by 4 ft wide. Write the 6 category titles on separate 6 in. by 6 in. paper in color indicated below. Across the top of the board from left to right, align the 6 category titles in this order:

General Flu (purple)
Vaccine (yellow)
History (blue)
Flu Clinic (pink)
Pneumonia (green)
Cautions (orange)

On separate pieces of paper (6 in. by 6 in.), in the corresponding color of the category, write the number of the question, 100-500, on one side and the question on the other side. Also, write the answer. Adhere the question/number sheets with “sticky gum” to the board with the number side out. **(See sample).**

Play Game

Going from player to player, each player (any number of players may play) selects a category and a number in correspondence with that category. Anyone can answer the question. The person with the correct answer gets the paper and of course, the number of points. At the end of the game, add up points. The winner with the highest number of points receives a prize. (You could give a PrimeTime Health mug, magnet, etc.) Also, give everyone who participates a small prize, if you can.

Keynote Outline

- Set-up display board for flu jeopardy game
- Introduction
- Play game
- Add individual points and give prizes
- Wrap-up discussion
- Question and answer time
- Evaluation
- End

TEACHING SYLLABUS

TIME		INSTRUCTOR CUES
3 minutes	<p>My name is _____. I am a _____ from the _____.</p> <p>Introduction to the Topic</p> <p>Influenza, “the flu”, is a contagious disease caused by a virus. It can be particularly dangerous to individuals over the age of 65. Let’s learn more about the flu by playing the Flu Jeopardy Game.</p> <p>The correct proper name for the “flu” is? The answer is influenza. Let’s proceed with the game!</p>	<p>Introduce yourself.</p> <p>Begin the game with the sample question.</p> <p>As you go from person to person to select the category and number, <u>remember to direct the question to the entire group</u>. This encourages anyone to answer.</p>

General Flu

The flu is a disease caused by _____? (100)

A virus

Is the flu contagious? (200)

Yes

What areas of the body does the flu affect? (300)

Lungs, respiratory – nose, throat

Symptoms of the flu include _____ ? (400)

Sudden high fever, chills, sneezing, headaches, severe muscle & joint aches, sore throat, dry cough, runny nose

How is the flu transmitted? (500)

Airborne through inhalation. Via hands after coughing, sneezing or improper hand washing, especially before eating

History

What disease killed 20 million people worldwide in 1918? (100)

Influenza

Flu season runs from _____ ? (200)

December through March

More than half the casualties of servicemen during WWI were caused by what? (300)

The flu

What strain of the flu caused some health concerns in the '70's? (400)

Swine flu (vaccine)

When did they begin administering flu immunizations? (500)

Started giving immunizations in the '40's in the military, according to CDC

Vaccine

How often should I get the flu shot? (100)

Once a year. Flu shots only work for a single season since the strain of virus changes annually

What is the flu vaccine made of? (200)

Current vaccines use inactivated viruses that cannot cause the flu

How do they determine what type of vaccine to make? (300)

Each spring the National Center for Disease Control determines which viruses are expected the following fall. Those specific viruses are used to produce the flu shot.

What is the name of the “gun” that is used to inject the vaccine? (400)

Biojector

What is used in the Biojector? (500)

It uses compressed gas (carbon dioxide)

Flu Clinic

Who administers the flu shot at the flu clinics held at the senior centers? (100)

What do you need to bring with you when receiving the flu shot? (200)

Insert your answer here.
If not given at senior centers, name one organization that

Medicare card or other insurance cards

administers flu shots in your county.

Name another location where you can get the flu shot? (300)

Grocery store, doctors office, other senior centers, drug stores

Does Medicare pay for the vaccine? (400)

Yes

When is your center scheduled date & time to have the flu shots administered? (500)

Insert your county's Information here

Pneumonia

How often should you get the pneumococcal vaccine? (100)

Once

Where can you get the pneumococcal vaccine? (200)

Your doctor's office (and some public vaccination sites)

Instructor: Be knowledgeable about whether public vaccination sites are available in your area.

Can you die from the flu or pneumonia? (300)

Yes

Does Medicare pay for the pneumococcal vaccine? (400)

Yes

Can the pneumococcal vaccine be given at the same time as the influenza vaccine? (500)

Yes – by using different injection sites without increasing side effects

Cautions

When should you get the flu shot? (100)

Mid-October – mid-November

Why get the flu shot? (200)

- If you don't want to get the flu
- If you are a senior citizen
- If you have a serious medical problem, such as respiratory or heart problems
- If you want to safeguard other family members & friends

Who should get the flu shot? (300)

- People 65 yrs of age or older
- With a chronic illness, especially heart or lung problems
- Who live or work with chronically ill people
- Who are around children frequently
- Who have a type of cancer or immunological disorder (or use certain types of medications) that lowers the body's normal resistance to infection
- Who provide health care services
- Who have demanding family or work responsibilities & can't risk being sick or taking sick leave
- Who are 18 yrs of age or older and wish to reduce their chance of catching the flu

What side effects can you expect after receiving the flu shot? (400)

- Some redness, slight soreness at the injection site
- Even smaller percentage have a headache or fever

Who should not get the vaccine? (500)

- Women who are in first trimester of pregnancy – consult physician
- Anyone allergic to eggs, chicken or chicken feathers
- Those who are sensitive to thimerosal (a mercurial antiseptic)
- Anyone who has had a severe reaction to a previous influenza vaccination
- Anyone with a history of Guillain Barre Syndrome or other active neurologic disorder
- Anyone who has had any type of vaccination within the last 14 days
- Persons who are ill and have a fever

Summary

Summarize by reminding participants:

- Serious complications can result from the cold & flu, such as pneumonia, and therefore it is important to take the influenza vaccine.
- No one gets the flu from the flu shot.
- Inexpensive or no expense to get the flu vaccine.
- The flu vaccine is being given in many convenient locations for older adults.
- Frequent hand washing, especially during flu season, can help to avoid getting the flu.

Evaluation

Give out prize to winner with the most points and small give-away to all participants. Handout given to all.

Handouts

“Be a fighter. Knock out the FLU before the Flu knocks you!” From your local American Lung Association.

Flu Jeopardy

Participant Evaluation

1. Did you learn something new about the flu as a result of this presentation?

YES _____ NO _____

2. What did you like about this presentation?

3. What improvements would you make to the presentation?

4. I have the following tips for the presenter:

Flu Jeopardy

Peer Educator Self-Evaluation

1. I feel I accomplished the objectives of the presentation.

YES _____ NO _____ If no, why?

2. The presentation was appropriate to the audience.

YES _____ NO _____ If no, why not?

3. What I have learned from the participants' evaluations is:

4. What I would do differently next time is:

(Make a copy before you complete this.)



PRIMETIME HEALTH

***PROMOTING THE HEALTH OF OLDER PENNSYLVANIANS**

Learn what's true about the flu by playing flu jeopardy. You'll have fun and learn some things about the flu you didn't know!

WHERE:

WHEN:

TIME:

For more information call: