Morning Meeting K-5

Nurse and Staff Present (Staff is sick and has to come to the nurse for help)

Staff comes to Nurse coughing, sneezing, blowing

Nurse: Looks like you are sick

Staff: (Nods and blows nose, wipes hands on their clothes, sneezes)

Nurse: You should be home so you don’t make others sick too

Staff: Really?

Nurse: Absolutely, you should stay home when you have a fever, can’t keep your coughing under control, if you throw up, have diarrhea, or a rash that just shows up.

Staff: How do people get sick?

Nurse: Germs, they enter your body, some germs cause problems if they enter through your eyes, nose, skin, (cuts/sores). Some germs come through body fluids like boogers, spit, blood, urine, stool.

Germs are responsible for causing communicable diseases, like the flu, colds, Hepatitis B and C, HIV, Chicken pox, pink eye and other illnesses. There are illnesses or conditions that you CAN’T catch from others, they’re called non-communicable diseases, and are things like Diabetes, cancer, seizures, or other conditions.

Staff: How can I protect myself?

Nurse: Great question, wash your hands with soap and water for at least 20 seconds, before you eat, before you prepare food, after you use the toilet, when your hands are visible dirty. Keep your fingers out of your nose, your mouth, your pants. Get your vaccines including your flu shot, eat heathy, lots of good colors on your plate, get enough sleep and exercise, go outside and play. When you cough or sneeze, do it into your arm like this (demonstrate here).

Staff: thanks, for your help today, I am going home.