

COLDS

Knowledge After working through this lesson, participants will be able to:

Attitude

Practice

1. Describe ways to prevent colds.
2. Tell how to care for people with colds at home.
3. Discuss why medicines are not needed for colds.
4. Make salt-water nose drops.

Overview This series of lessons is based on the *Health Education Program for Developing Communities* which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health teaching booklets on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.

Materials *Collect these items before beginning the lesson:*

- Poster-size paper, markers, and masking tape
- Role Play
- Handouts:
 - *Retractions or Indrawing*
 - *How Can You Prevent Respiratory Infections?*
 - *Caring for Colds*
 - *Caring for Colds (part two)*

LESSON

60 minutes

Role Play: (5 minutes)

Role play:

Instructions: The two mothers are talking again.

1st: I spent all that money for nothing!

2nd: What do you mean?

1st: I bought all those medicines for my son's cough. You remember—antibiotics, cough syrup, antihistamines, decongestants, the whole works!

2nd: That's right.

1st: And he is still sniffing and coughing! They did not work at all.

2nd: Maybe you should take him to the clinic for a shot.

Ask SHOWD Questions:

What did you See?

What was Happening?

Does this happen in Our place?

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Colds (10 minutes)

Instructions: Discuss as large group.

- A.** What are colds? What are they caused by?
1. Colds are upper respiratory infections.
 2. Colds are infections of the nose and head.
 3. They are not infections of the lungs.
 4. Colds are caused by viruses.
- B.** How can you tell the difference between a cold and a more serious problem, like pneumonia or asthma?
1. Pneumonia and asthma are problems of the lungs. They are more serious than simple colds.
 2. When you breathe in, air passes from the nose and mouth through the throat to the lungs.
 3. Children with lung problems like pneumonia or asthma will breathe quickly.
 4. Children who have pneumonia or asthma often work hard to breathe.
 5. They may draw in the muscles between their ribs and under their ribs. This is called indrawing or retractions.
 6. Children with rapid breathing or retractions may have pneumonia or asthma.
 7. They need to go to a clinic or health care provider right away.
- C.** Show or draw the picture of *Retractions or Indrawing* to demonstrate working hard to breathe.

Preventing Colds (20 minutes)

- A.** How are colds spread?
1. By coughing and sneezing
 2. Through cold particles or viruses in the air
 3. By touching someone when we have cold germs on our hands
- B.** What can you do to prevent colds, and to keep our cold from spreading to others? Divide into small groups. Give out *Preventing respiratory infections*. Present your answer as a poster or skit.
1. Breastfeed until 2 or 3 years of age.
 2. Wash your hands after you touch others who may be ill.
 3. Eat lots of fruits and vegetables.
 4. Eat a diet high in Vitamin C.
 5. Keep your immunizations up to date.
 6. Avoid indoor air pollution. Cook outside or use an improved stove.
 7. Cover your mouth or nose. Cough or sneeze into the bend of your arm.
 8. Do not pick up a child or shake hands with others if you have coughed or sneezed. Wash your hands first.
 9. Wash your hands frequently.
 10. Do not smoke.

Caring For Colds (10 minutes)

Instructions: Work in large group.

- A.** What are some ways to care for a person with a cold? Show the illustration, *Caring for Colds*. Show how to make salt-water nose drops, and how to use the bulb syringe.

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1. Drink lots of liquids.
 2. This helps to keep your secretions loose.
 3. Eat lots of fruit and fruit juices.
 4. They are high in vitamin C.
 5. Continue breast-feeding and increase the number of breast feeds.
 6. For babies, you can make salt-water nose drops.
 7. Add ¼ teaspoon of salt to ½ cup of water (or a pinch of salt to an ounce of water).
 8. Put a few drops of salt-water nose drops in the nose and clear the nose with a bulb syringe.
 9. For children 3 months to 1 year of age: Give warm, clear fluids (such as, warm water, or apple juice for older infants).
 10. For infants less than 1 year of age, avoid honey because it can cause botulism in young infants. If your child is younger than 3 months, see your child's doctor.
 11. With older children and adults, chicken soup broth and tea may be helpful.
 12. For children over 1 year of age, use honey, 2 to 5 mL. It thins secretions and loosens the cough. (If honey is not available, you can use corn syrup.)
 13. Give lots of TLC (tender loving care).
 14. Pray together.
- B. Should you give cold medicines? Why or why not?**
1. Cold medicines don't cure colds.
 2. There are many cold medicines for sale.
 3. But none of them have been shown to work.
 4. They can be expensive.
 5. Cold medicines are not effective for children less than six years of age.
 6. They can cause serious side effects.
 7. Children less than two years of age should not be given cold medicines because they can cause dangerous side effects.
 8. Don't give cold medicines.
 9. Do not give shots for a cold.

Teaching Booklets (15 minutes)

- A.** Divide into pairs. Practice teaching each other the *Colds* teaching booklet.
 1. Practice teaching
 - B.** During the week, visit your friends and neighbors to teach about colds using the teaching booklet.
 1. Home visiting
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References:

American Academy of Pediatrics. 2008. *Withdrawal of cold medicines*. Available from: <http://practice.aap.org/content.aspx?aid=2254&nodeID=4002>
 Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

HEALTH EDUCATION: COLDS - STARTER

Role play:

Instructions: The two mothers are talking again.

1st: I spent all that money for nothing!

2nd: What do you mean?

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2nd: That's right.

1st: And he is still sniffing and coughing! They did not work at all.

2nd: Maybe you should take him to the clinic for a shot.

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RETRACTIONS OR INDRAWING

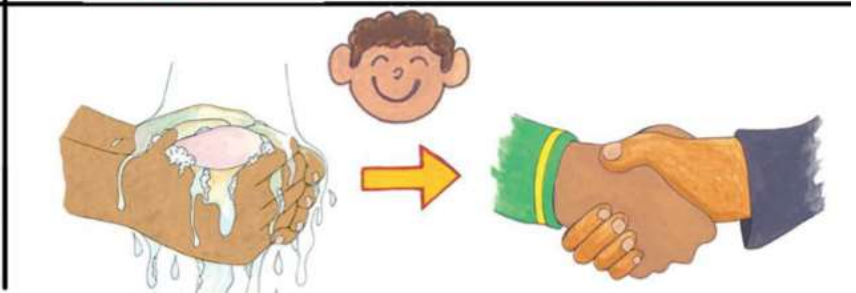
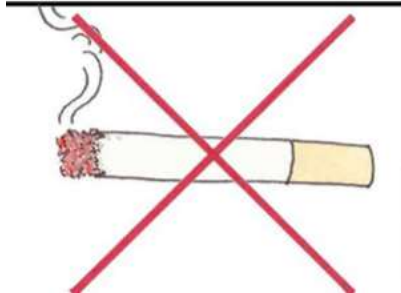
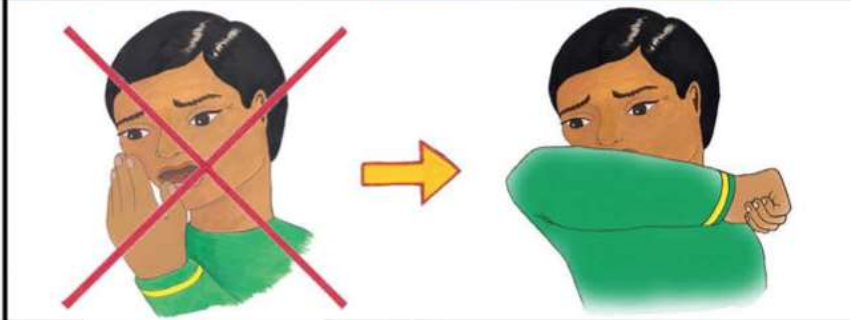
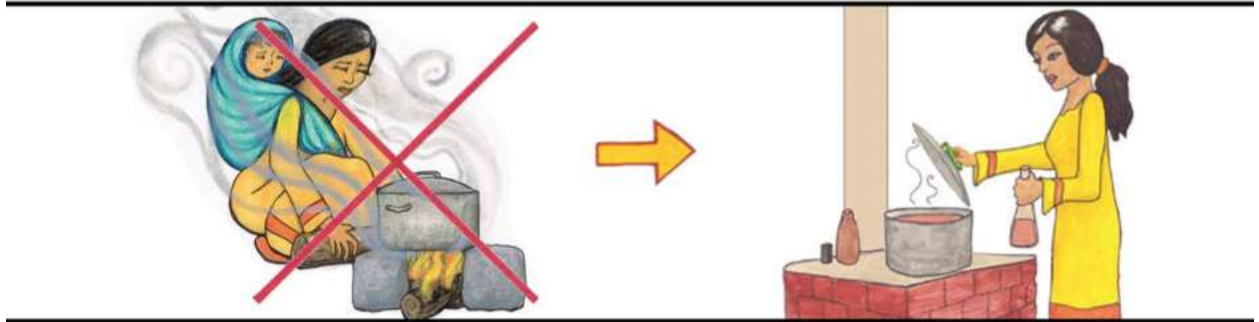


Source: Health Education Program for Developing Communities, 2014

What is happening? What do you see here?

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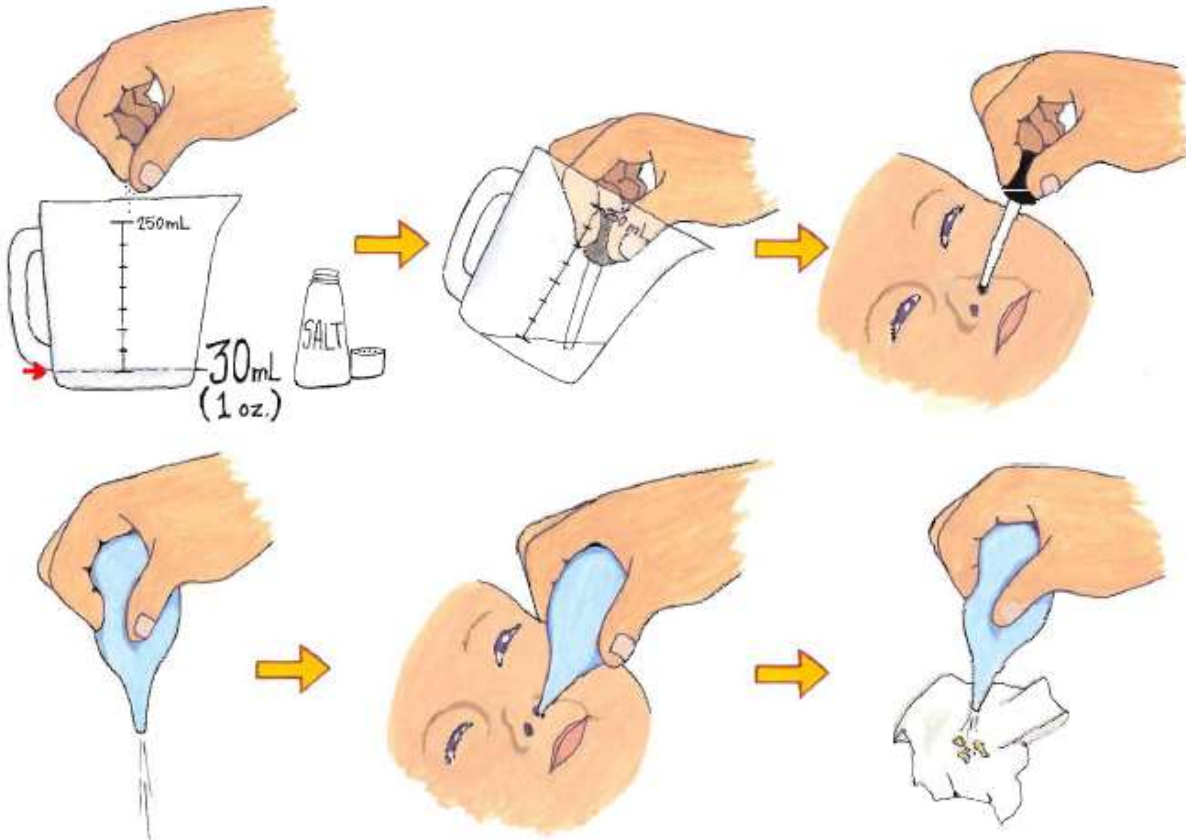
HOW CAN YOU PREVENT RESPIRATORY INFECTIONS?



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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CARING FOR COLDS



Source: *Illustrations*, Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

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CARING FOR COLDS (part two)



Source: *Illustrations*, Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>