

STAND GUARD**AGAINST
GERMS****Model**

Read about the precautions that Daria takes to avoid tick bites that could transmit Lyme disease.

Daria's family is planning to go for a short hike. Daria knows that there will probably be ticks in one of the many brushy areas. She wears a long-sleeved shirt and long pants so that her skin is not exposed. Daria tucks her pants into her socks because she knows that ticks can be found close to the ground. For further protection, she puts on boots and applies tick repellent. When Daria finishes her hike, she checks her body thoroughly for ticks.



Practice

Read the following situations. Write an ending to one of the situations and show the characters practicing healthful behaviors. Share your situation and ending with others in your class.

1. Lisa's mother has asked her to help prepare dinner by making a salad. When Lisa goes into the kitchen, she sees that her younger brother didn't clean up after himself when he made a sandwich a few hours earlier. There is an open jar of mayonnaise on the counter and crumbs.
2. Ted is recovering from chicken pox. His rash started scabbing three days ago. One of his friends called him today to ask if he wants to go to a movie tomorrow.
3. Monique and Amanda are going swimming at the local pool. When they get there, Amanda realizes that she forgot to bring a towel. She asks Monique if she could share her towel.

Apply/Assess

With a small group of classmates, find magazine and newspaper articles that report on a communicable disease such as colds, the flu, or strep throat. Then find advertisements for OTC medicines and other products that claim to prevent the disease or relieve its symptoms. Make a collage of the articles and advertisements. Present your collage to the class. Use the collage to report precautions that teens can take to reduce the spread of communicable diseases.



Practicing Healthful Behaviors

Protect yourself from communicable diseases.

- Avoid close contact with infected people.
- Do not share objects used for eating, drinking, or grooming.
- Wash your hands often.
- Follow food safety practices.
- Abstain from sexual activity and drug use.

Self-Check

- Does our collage include articles and advertisements that discuss a communicable disease?
- Did we report precautions that teens can take to reduce the spread of communicable diseases?

