

## Lesson 1 – Understanding How Diseases Spread

### Activity 1: How Diseases Spread

1. With your group, research the disease assigned by your teacher to determine:
  1. How it spreads
  2. 1-3 other diseases the spread the same way

Our research topic: \_\_\_\_\_

How does it spread?

What are other examples of diseases that spread the same way?

2. Complete the table below based on presentations by your classmates.

Disease	How it spreads	Other examples
Common cold		
COVID-19		
Hand, foot, and mouth disease (HFMD)		
Hepatitis B		
Human papillomavirus		
Malaria		
Measles		
Polio		
Rabies		
Rubella (congenital rubella syndrome)		
Salmonella		
Tetanus		

3. Complete further research to find out who is most at risk of getting the disease you were assigned.
4. Discuss with your group whether the way the disease spreads related to the people who are at risk. Record discussion points here:
5. As directed by your teacher, prepare a resource to educate at least one group of high-risk individuals how to avoid infection. If you are able to choose your medium, briefly explain why you chose that particular medium to reach the target audience.

Indicate medium used:

- |                                 |                                   |                                     |   |
|---------------------------------|-----------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Poster | <input type="checkbox"/> Web page | <input type="checkbox"/> Mobile app | <input type="checkbox"/> Slide presentation |
| <input type="checkbox"/> Video  | <input type="checkbox"/> Podcast  | <input type="checkbox"/> Brochure   | <input type="checkbox"/> Other _____        |

Why did you choose this medium?

6. What was one piece of new information you learned through this lesson's activities? Describe why that item caught your attention or why you feel it is important to know.