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Seasonal flu

Global perspective project

Interview:

Interviewer: Thank you for participating in our project! We're here to learn more about how primary students perceive seasonal flu. Let's start with some basic questions.

1. Can you tell us your name and age?

- My name is Kareem and I'm 9 years old.

2. Do you know what the seasonal flu is? If so, how would you describe it in your own words?

- The seasonal flu is like when you get really sick with a fever, cough, and sometimes a runny nose. It makes you feel tired and not want to play or go to school.

3. Have you or someone you know ever had the flu? What was it like?

- Yeah, my big brother had the flu once. He was in bed for a few days, and he had to drink yucky medicine. He said he felt tired and couldn't play with me.

Now, let's dive a bit deeper into your thoughts and experiences:

4. What do you think are the common symptoms of the flu?

- The common symptoms are a high temperature, a bad cough, a sore throat, and feeling tired. Sometimes your body aches too.

5. How do you try to stay healthy during the flu season?

- I try to wash my hands a lot and not share my water bottle or snacks with others. Also, I eat fruits and veggies to stay healthy.

6. Do your teachers or parents talk to you about the importance of getting a flu shot?

- My mom always says we should get the flu shot. She says it's like a superhero shield that makes us stronger against the flu.

7. What do you do if you start feeling unwell with flu-like symptoms?

- If I feel sick, I tell my mom or dad, and they check my temperature. If it's high, they let me rest in bed, and I get to watch cartoons and play games

8. What do you know about how the flu spreads from one person to another?

- I think it spreads when someone with the flu coughs or sneezes, and the germs go in the air. Then, if someone else breathes those germs, they can get sick too.

9. In your opinion, why is it important to prevent the flu, especially for kids like you?

- It's important to prevent the flu because being sick is no fun, and we can miss school and playtime with our friends. We want to stay strong and healthy!

10. How do you think schools can help prevent the spread of the flu among students?

- Schools can remind us to wash our hands, cover our mouths when we cough, and not share our stuff. Maybe they can also teach us more about staying healthy.

11. Have you ever heard of something called "herd immunity" and how it relates to preventing the flu?

- I think herd immunity means when lots of people get the flu shot, the flu can't spread so easily. It's like a big wall of protection.

12. What are some things you think your community, or the world should do to reduce the impact of seasonal flu?

- Maybe we can have more flu shot clinics and remind people to get the shot. Also, if we're sick, we should stay home so we don't make others sick.

Lastly, let's talk about some of the fun stuff.

13. What do you like to do to cheer yourself up when you're not feeling well with the flu?

- When I'm not feeling well, I like to snuggle with my favorite stuffed animal and watch my favorite movies. Sometimes, my mom makes yummy chicken soup.

14. If you could create a superhero to fight the flu, what superpowers would they have?

- My superhero to fight the flu would have the power to make everyone's symptoms disappear and make them feel better with a magic hug!

15. Can you share any interesting or funny stories about when you or someone you know had the flu?

- One time, my best friend got the flu, and he had to wear a funny mask when he came back to school. We all thought he looked like a ninja, and we made up ninja names for him.

power point:



Fun game:

**https://create.kahoot.it/share/what-is-seasonal-flu/e30f8ae3-3e10-4afc-ae8a-764cf2acd2d0**

Cross-checking data:

<https://www.ahn.org/services/primary-care/conditions/seasonal-influenza-flu>

<https://www.ecdc.europa.eu/en/seasonal-influenza/facts/factsheet>

<https://www.nyc.gov/site/doh/health/health-topics/flu-seasonal-treatment.page>

Citation:

**Centers for Disease Control and Prevention. (n.d.). Search results. Centers for Disease Control and Prevention.** [**https://search.cdc.gov/search/?query=Seasonal+flu&amp;dpage=1**](https://search.cdc.gov/search/?query=Seasonal+flu&amp;dpage=1)

**World Health Organization. (n.d.-a). Influenza (seasonal). World Health Organization. https://www.who.int/news-room/fact-sheets/detail/influenza-(seasonal)#:~:text=Seasonal%20influenza%20(the%20flu)%20is,when%20they%20cough%20or%20sneeze.**