

## Treating Illness - Class 2

### Common Illnesses, Breathing Support, Skin Problems, & Everyday First steps (Ages 6-9yo)

1. If you eat something strange or unsafe, what should you do first?
  - A. Hide or throw away the wrapper
  - B. Go to sleep
  - C. Drink lots of water
  - D. Tell a grown-up right away**
2. What does a nebulizer do?
  - A. Turns liquid into a mist you breathe into your lungs**
  - B. Washes your hands
  - C. Makes food warmer
  - D. Checks your temperature
3. Which one is more often used to help the lungs and chest?
  - A. A warm cup of tea
  - B. A nebulizer**
  - C. A steam inhaler
  - D. A tissue
4. What is the outdoor rule for poison ivy?
  - A. Leaves of three, let it be**
  - B. Green means safe
  - C. Touch it with a stick
  - D. Leaves of five, take a dive
5. If you get a mosquito bite or bee sting, what is a good first step?
  - A. Scratch it hard
  - B. Cover it with mud
  - C. Ignore it
  - D. Tell a grown-up and cool it down**
6. What should you *never* do to a tick?
  - A. Squeeze it**
  - B. Stay calm
  - C. Show a grown-up
  - D. Use a tick-removal tool

7. What can help soothe a sore throat?
  - A. A hot water bottle on the forehead
  - B. An ice pack on the throat
  - C. Gargling with salt water, herbal throat spray, or lozenges**
  - D. Singing loudly
  
8. Which of these can help with a cough?
  - A. Sipping on warm tea and honey, breathing steam, or taking herbal cough syrup**
  - B. Wrapping a warm scarf around the neck to keep it warm, while humming softly
  - C. Eating hot peppers (to numb the throat), then drinking ice water
  - D. Holding your breath for 15 seconds followed by nose spray
  
9. If your skin is itchy or irritated, what should you try *not* to do?
  - A. Tell a grown-up
  - B. Scratch it a lot**
  - C. Use gentle care that calms the skin (like CCC salve)
  - D. Try a baking soda paste (if from bug bites or outdoor irritations)
  
10. Why is sleep important when you are sick?
  - A. It helps your body recover and heal**
  - B. It resets your daily rhythms
  - C. It helps your brain work better
  - D. It makes you absorb nutrients from your food better

**Home Activity Key**

**Activity 1 – What would help?**

**Answer Key – Activity 1**

<b>Problem</b>	<b>What might help?</b>
Sore throat	Throat spray, gargling, lozenges, warm tea with honey
Cough	Cough syrup, breathe steam, warm tea with honey, humidifier
Bug bite	Cool cloth, baking soda paste, tell a grown-up
Tick on skin	Tell a grown-up, use a tick-removal tool, do not squeeze it
Itchy rash	Cool cloth, baking soda paste, CCC salve, do not scratch
Trouble breathing in the chest	Nebulizer, saline mist, tell a grown-up right away

**Activity 2 – Match the support to the mechanism**

Instructions: Match each support item to what it is good for.

