

SAMPLE LESSON PLAN – NEISSERIA MENINGITIDIS

10-12 YEARS



OBJECTIVE

- Learn what is meningitis.
- Understand history of vaccination in Ireland and how vaccines work.
- Understand that some germs or bugs (bacteria or virus) can make us ill.
- Understand how meningitis can spread from person to person.
- How meningitis can affect our body.
- How to help prevent catching meningitis.

FACT CARD SIDE B

INTRODUCTION

Brainstorm disease and vaccination and see level of awareness.

Meningitis is a serious illness caused by bacteria which involves swelling of the “meninges”, the linings around the brain and spinal cord. Luckily, there are vaccines that can protect us.

Play the vaccine introduction video OR explain the immune system:

- A. Explain that immune system attacks any “bugs” that enter the body.
- B. One way we can protect ourselves is by helping our immune system stay strong – by eating well and getting enough sleep.
- C. Another way is through vaccination – which can help us from getting sick.
- D. When the vaccine is injected into the body our immune system makes lots of antibodies which are then ready to fight a disease if they “see” it again, but before it has a chance to make us sick.
- E. Sometimes our immune system needs a “reminder” and this is why some vaccinations require “booster” injections.

DEVELOPMENT

1. Explain what a disease is – an illness that has symptoms and sometimes causes our body parts not to function properly.
2. Explain how vaccination helps prevent a disease: a part of our body called the immune system makes antibodies. These antibodies recognise the invader/germ and attack it and stop us getting ill.
3. A vaccine uses a small amount of a harmless piece of this disease which helps our body make these antibodies so the next time the disease tries to invade, it will be stopped by the antibodies.

4. Explain the importance of vaccinations to prevent millions of deaths around the world each year.
5. Discuss what is meningitis, has anyone heard of it or knows someone who had it: it's a bacterial infection which we can catch from close contact with others and from other people's respiratory droplets which causes symptoms including headache, neck stiffness, sensitive to light (sore eyes), rash temperature, vomiting and it is a bacteria which is too small to be seen by the naked eye.
6. Ask does anyone know how we can help prevent spreading or catching meningitis or other bacterial disease:
 - a. Sneeze into arm or tissue
 - b. Cover mouth when coughing, cough into arm
 - c. Dispose of tissue after use
 - d. Wash hands after coughing
 - e. Vaccination

ACTIVITY

1. Watch video of Dr Áine, Nurse Tom and Spiky.
2. Read the story of Dr Francis Rynd, Dr Dorothy Stopford Price, Dr Mike Ryan (Irish Vaccines Heroes resource).
3. Students to use History of Vaccination in Ireland resource to find out and tick off all the different diseases they are protected against.

CONCLUSION

1. What are vaccinations and how do they protect us from disease?
2. What is meningitis and how we protect ourselves from catching it?
3. Complete Super Sneeze word search.

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HERO**