



LESSON – Spanish Flu 1918

Lessons from the past

Objective(s)	Students will be able to identify the ways that the community of Philadelphia responded to the Spanish Flu pandemic of 1918 and will be able to compare that response to the COVID-19 pandemic.
Health Content	<ol style="list-style-type: none">1. Both Spanish Flu 1918 and COVID-19 pandemics are global events.2. The Spanish Flu 1918 is a different illness from COVID-19 but we can learn from measures taken during the Spanish Flu to inform our reaction to COVID-19.3. Self-quarantining, social distancing, washing hands, and wearing a mask have all be shown to have been effective practices for reducing the spread of illness in both the Spanish Flu of 1918 and the COVID-19 pandemics. <p>(Sources: CDC.gov)</p>
Standards Addressed	<p>RF.5.4.A Read grade-level text with purpose and understanding.</p> <p>W.5.7 Conduct short research projects that use several sources to build knowledge through investigation of different aspects of a topic.</p> <p>W.5.8 Recall relevant information from experiences or gather relevant information from print and digital sources; summarize or paraphrase information in notes and finished work, and provide a list of sources.</p> <p>CDC 3.5.1 Identify characteristics of valid health information, products, and services.</p>
Essential Understandings	<ol style="list-style-type: none">1. While both events were pandemics, there are many differences between the Spanish Flu of 1918 and COVID-19. We are not comparing the two illnesses, but rather the public’s reaction to them and measures taken to slow the spread of both.2. The Spanish Flu of 1918 killed between 50,000,000 and 100,000,000 of the world’s population.3. Philadelphia was particularly affected by the Spanish Flu with almost 20,000 deaths.4. Social distancing, the use of masks, and self-quarantining all helped to slow the spread of the Spanish Flu.
Key Vocabulary	<p>pandemic – an outbreak of a disease that occurs over a wide geographic area and affects an exceptionally high proportion of the population (Merriam-Webster)</p> <p>quarantine - a state of enforced isolation (Merriam-Webster)</p> <p>social distancing – the practice of maintaining a greater than usual physical distance from other people (Merriam-Webster)</p>
Materials Needed	<ol style="list-style-type: none">1.Laptop/tablet/mobile device2.Paper or notebook



Introduction	<p>During the COVID-19 pandemic, we're able to look at other pandemics and apply what worked in previous years to what's happening now. Remember that a pandemic means that the illness has reached communities all over the world, and people everywhere are figuring out how best to help beat the disease. Today we're going to learn about the Spanish Flu of 1918 and hear about how the Philadelphia community more than 100 years ago did some of the same things that we are doing today to slow the spread. Even though it happened more than 100 years ago, we can still think about what the community of Philadelphia did back then and what we can do today right from our own homes.</p>
Lesson	<ul style="list-style-type: none">• Watch "Looking back at the Spanish Flu pandemic of 1918," an interview with Dr. Vanessa Northington Gamble. The video is at HealthyNewsWorks.org or go to this link on YouTube: tinyurl.com/HNWSpanishFlu• After watching the video, check out the CDC website: tinyurl.com/HNWSpanishFlu2• Record what measures were taken back in 1918 to slow the spread of the Spanish Flu.• What are the things that we are doing today to slow the spread of COVID-19. Is there anything the same? What are some of the differences between the two pandemics? You can also look at Healthy NewsWorks website (Making Sense of the Virus) and read more about what is happening there. You can discuss this with a parent, sibling, or friend, or even write it down. Pick one of the measures that the two events have in common (social distancing, masks, hand washing, etc...) and create a poster that could be used to teach about why it's important and how to practice what you've chosen.
Dig Deeper (Optional)	<p>Create a Venn Diagram that compares and contrasts the Spanish Flu of 1918 and COVID-19. Consider the following:</p> <ul style="list-style-type: none">• What caused each?• How many people were affected?• How are they each treated?
Health Journal	<p>What is similar in terms of how our country is responding to COVID-19 and</p>
Chek for Understanding	<p>Exit Ticket: Jot down why you think it is helpful to look back at significant events in history to help us determine how to handle events today.</p>
More about the sources	<p>The CDC (Centers for Disease Control and Prevention) is the United States' leading agency in helping to prevent illness and keep Americans healthy. CDC.gov is a website created by medical experts that provides up-to-date scientific research.</p>