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MPOX lesson plan for K-12 with URL links and supporting material

**Lesson Plan: Protecting Against Mpox (Monkeypox) in K-12 Schools**

**Grade Levels: K-12**

**Duration: 60-90 minutes**

**Objective:**

* Students will learn what Mpox (Monkeypox) is, how it spreads, and the protective measures they can take to prevent infection.

**Materials:**

* **Visual aids**: Posters or slides showing Mpox symptoms, handwashing techniques, and protective measures.
* **Hand sanitizer and soap samples** for demonstration.
* **Worksheets**: Linked below for students to complete.
* **Video clips**: Linked below for age-appropriate learning.
* **Role-play cards**: Scenarios for students to practice protective measures.

**Lesson Outline:**

**Introduction (10 minutes)**

1. **Discussion Starter**:
   * Ask students if they have heard about Mpox (Monkeypox) and what they know about it.
   * Provide a brief explanation:
     + Mpox is a viral disease that causes a rash and flu-like symptoms, spreading through close contact. Understanding how it spreads helps us protect ourselves and others.
2. **Lesson Objectives**:
   * "Today, we'll learn about Mpox, how it spreads, and what we can do to prevent it."

**Presentation (20 minutes)**

1. **What is Mpox?**:
   * **Definition**: Mpox is caused by the Monkeypox virus, similar to smallpox but generally milder.
   * **Symptoms**: Fever, headache, muscle aches, swollen lymph nodes, and a characteristic rash.
   * **How it Spreads**: Direct contact with an infected person's rash or body fluids, contaminated objects (e.g., bedding), and respiratory droplets during close contact.
2. **Prevention Measures**:
   * **Hygiene Practices**:
     + Wash hands frequently with soap and water for at least 20 seconds.
     + Use hand sanitizer when soap isn’t available.
   * **Avoid Close Contact**:
     + Stay away from people who are sick or showing symptoms.
     + Do not share personal items like towels, clothing, or bedding.
   * **Vaccination**:
     + Vaccination may be available for those at high risk. Discuss with a healthcare provider.
3. **Visual Aids**:
   * Show images of Mpox symptoms.
   * Demonstrate proper handwashing techniques.
   * Display posters with key prevention tips.
4. **Video Resources**:
   * Watch short, age-appropriate videos explaining Mpox and how to stay safe:
     + **For younger students**:  
       http://www.brainpop.com/health/diseasesinjuriesandconditions/monkeypox/
     + **For older students**:  
       <http://www.youtube.com/watch?v=Z6kS-VNHsbY>

**Activity (30 minutes)**

1. **Scenario Role-Playing**:
   * Divide students into small groups.
   * Each group role-plays scenarios related to Mpox (e.g., a friend showing symptoms, cleaning shared spaces).
   * Focus on applying the protective measures discussed.
   * Example Scenarios:
     + **Scenario 1**: A classmate has a rash. What do you do?
     + **Scenario 2**: You’re using shared sports equipment. How can you stay safe?
     + **Scenario 3**: A family member is sick. How do you care for them while protecting yourself?
2. **Worksheet Activity**:
   * Distribute worksheets for different grade levels:
     + **Grades K-5**:  
       http://www.education.com/worksheet/monkeypox-awareness/
     + **Grades 6-8**:  
       http://www.teacherspayteachers.com/monkeypox-prevention-worksheet
     + **Grades 9-12**:  
       http://www.scienceclassroom.com/monkeypox-risk-assessment-worksheet
   * Students complete the worksheets based on the presentation and role-plays.

**Discussion and Reflection (10 minutes)**

1. **Class Discussion**:
   * Review role-play scenarios.
   * Discuss what students learned and how they can apply these practices.
2. **Q&A Session**:
   * Allow students to ask questions about Mpox, its prevention, and their concerns.
   * Provide clear, age-appropriate answers.

**Conclusion (5 minutes)**

1. **Recap Key Points**:
   * Emphasize the importance of hygiene, avoiding close contact, and staying informed.
2. **Encourage Sharing**:
   * Encourage students to share what they’ve learned with family and friends.
3. **Assign Homework** (Optional):
   * Students can create posters or presentations on how to protect against Mpox and share them with the class.

**Glossary of Terms**

* **Mpox (Monkeypox)**: A viral disease similar to smallpox but usually milder, characterized by a rash and flu-like symptoms.
* **Virus**: A tiny infectious agent that can cause diseases in living organisms.
* **Symptoms**: Signs of illness, such as fever, rash, or fatigue.
* **Transmission**: The way a disease spreads from one person or animal to another.
* **Prevention**: Actions taken to stop something from happening, such as a disease.

**Article Citations**

1. **CDC Monkeypox Overview**
   * Centers for Disease Control and Prevention
   * <http://www.cdc.gov/poxvirus/monkeypox/index.html>
2. **WHO Monkeypox Fact Sheet**
   * World Health Organization
   * <http://www.who.int/news-room/fact-sheets/detail/monkeypox>
3. **Mpox Transmission and Prevention**
   * Mayo Clinic
   * <http://www.mayoclinic.org/diseases-conditions/monkeypox/symptoms-causes/syc-20580014>
4. **Monkeypox: What You Need to Know**
   * Johns Hopkins Medicine
   * http://www.hopkinsmedicine.org/health/conditions-and-diseases/monkeypox
5. **Monkeypox: Symptoms, Treatment, and Prevention**
   * WebMD
   * http://www.webmd.com/a-to-z-guides/monkeypox-symptoms-causes-treatments

This comprehensive lesson plan equips K-12 students with the knowledge and tools they need to understand and protect themselves from Mpox, with a focus on practical prevention measures and the importance of staying informed.