



CoughSpot® Cougher! Curriculum

1. Objective:

Teach 90% of the students to sneeze & cough in their elbow. (Based on premise that herd-immunity is achieved at this level.)

2. Timeline:

10 school days

3. Number of Students:

30-student class

4 Curriculum Content:

(attached)

5. Outcomes:

Teach children about the importance of coughing on their elbow; reduce spread of airborne disease.



CoughSpot® Cougher! 10-Day Curriculum

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Establish baseline (estimate % students already covering cough)	Germ in Space	Wall Puzzle	How far does a sneeze go? Use: roll of paper towels, colored liquid, measuring tape. Roll out the paper towel, & have someone act out a sneeze with a mouthful of colors liquid. Measure how far it goes.	Germ Growth	Sing, Sing a Song	Repeat Science Experiment	Folding Tissue Holder"	CoughSpot® Test	Distribute CoughSpot® Cougher! Course Certificates
Intro-duce The CoughSpot® song	Science ex-periment: Inject food-colored dye into a clear bottle of water with syringe, & each how the dye spread. This is the same principle of how germs spread in the air.	Games: Card-photos of inappropriate & appropriate places to sneeze or cough. (Student explanations required)		Review Chart	Review Chart	Review Chart	Review Chart	Review Chart	
Introduce Chart (catch someone coughing or sneezing on the elbow and they get a mark for the day. Goal is to get one mark for each day of course.)									
Begin discussion on why it's important to cover cough. Facts: An uncovered sneeze can land up to 12 feet away and the particles hover in the air for up to 3 hours.	Review Chart	Review Chart	Review Chart						