

# Training Guide for Recognizing, Treating, and Preventing Respiratory Illness

<b>Topic:</b>	Recognizing, Treating, and Preventing Respiratory Illness
<b>Audience:</b>	Supporters and Consumers
<b>Supporter and Consumer Training Package</b>	<p><b><u>Supporter Tools:</u></b></p> <p><b>SafetyNet Article:</b> “Recognizing, Treating, and Preventing Respiratory Illness”</p> <p><b>PowerPoint:</b> Understanding Respiratory Illness</p> <p><b>PowerPoint:</b> Recognizing, Treating, and Preventing Pneumonia</p> <p><b>Tool:</b> Signs and Symptoms of Respiratory Illness</p> <p><b><u>Consumer Tools:</u></b></p> <p><b>PowerPoint:</b> Staying Healthy – Learn About Colds and Flu</p> <p><b>PowerPoint:</b> Staying Healthy – Learn About Bronchitis and Pneumonia</p> <p><b>PowerPoint:</b> Staying Healthy – Keep your germs to yourself</p> <p><b>PowerPoint:</b> Tips for Relieving Cold and Flu Symptoms</p> <p><b>PowerPoint:</b> Staying Healthy – How to Stay Healthy</p> <p><b>Narrated Slide Show (Camtasia):</b> Best Ways to Keep from Getting a Cold or Flu</p>
<b>Preparation</b>	<p><b>Review SafetyNet article</b> – “Recognizing, Treating, and Preventing Respiratory Illness”</p> <p><b>Select</b> training component(s) and review materials. For example, if you choose to focus on prevention, select the PowerPoint and Camtasia about prevention of colds and flu. Or if you choose to focus on recognizing signs and symptoms and treatment, select the PowerPoint presentations on recognizing and treating symptoms.</p> <p><b>Print out/photocopy</b> slide show, <b>or</b></p> <p><b>Set up</b> equipment for showing the Camtasia or slide show.</p> <p><b>Print out/photocopy</b> handouts.</p>

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<p><b>Presentation to Supporters</b></p>	<ul style="list-style-type: none"> <li>▪ <b>Show the Consumer Slide Show (Camtasia) Best Ways to Keep from Getting a Cold or Flu</b> using a computer and a projector, TV monitor, or monitor with an Internet connection (either downloaded onto your computer or use directly from the website). Lead the discussion as you show each slide.</li> <li>▪ <b>Print out the Supporter Tools as handouts.</b> Review and discuss during the presentation.</li> <li>▪ <b>Print out the Consumer Tools as handouts.</b> Review and discuss during the presentation.</li> <li>▪ <b>Break up the materials for presentation into smaller packages.</b> For example, do an initial training using prevention tools. For the next training session, move on to the recognition and treatment. Perhaps do a final training using tools specific to a particular respiratory illness such as pneumonia.</li> </ul>
<p><b>Presentation to Consumers</b></p>	<ul style="list-style-type: none"> <li>▪ <b>Show the Consumer Slide Show (Camtasia) Best Ways to Keep from Getting a Cold or Flu</b> using a computer and a projector, TV monitor, or monitor with an Internet connection (either downloaded onto your computer or use directly from the website). Lead the discussion as you show each slide.</li> <li>▪ <b>Print the Consumer Tool Learn about Colds and Flu as a handout</b> for discussion about what to do.</li> <li>▪ <b>Check consumer understanding</b> by asking follow-up questions of the consumer(s) and role-playing consumer/supporter actions when a person has symptoms of a cold or flu.</li> <li>▪ <b>Follow-up with additional training and discussion of the recognition and treatment of symptoms using appropriate PowerPoint tools.</b></li> </ul>
<p><b>Resources</b></p>	<p><b>For more information about respiratory illness check out these websites:</b></p> <p><a href="http://www.cdc.gov/flu/about/qa/coldflu.htm">http://www.cdc.gov/flu/about/qa/coldflu.htm</a></p> <p><a href="http://www.cdc.gov/handwashing">http://www.cdc.gov/handwashing</a></p> <p><a href="http://www.webmd.com/cold-and-flu/default.htm">http://www.webmd.com/cold-and-flu/default.htm</a></p> <p><a href="http://www.webmd.com/lung/tc/pneumonia-topic-overview">http://www.webmd.com/lung/tc/pneumonia-topic-overview</a></p> <p><a href="http://www.webmd.com/lung/ss/slideshow-bronchitis-overview">http://www.webmd.com/lung/ss/slideshow-bronchitis-overview</a></p>