

# **Loudoun Literacy Council Health Curriculum**

## **TEACHER'S MODULE: DENTAL CARE**

### **QUESTIONS TO BE ASKED OF LEARNERS**

- **How can I protect my children's teeth from dental decay?**
- **How can I protect adult teeth from gum disease and tooth loss?**
- **What are the results of lack of dental care?**
- **What are my resources for dental care in Loudoun County?**

### **MATERIALS NEEDED**

- **A Healthy Mouth For Your Baby Brochure – (English and Spanish)**
- **Your Teeth Series – (Resource only. Not for distribution – English)**
- **Brush before bedtime light switch covers**
- **Colgate Dental Health pamphlets – (English and Spanish)**
- **Oversize cardboard Teeth and Toothbrush display, floss, mouthwash, soft toothbrush, fluoride toothpaste**
- **Reader and Laptop for streaming video**
- **Sippy cups**
- **White board with markers**

### **WORD BANK**

**Baby teeth, cavity, decay, dentist, filling, floss, fluoride, gums, mouthwash, permanent teeth, plaque, root, toothbrush, toothpaste**

**Note: These are general suggestions. You may want to ask the learners to identify other words unfamiliar to them.**

### **HELPFUL WEB SITES**

- [www.cspd.org/parents.html](http://www.cspd.org/parents.html)
- [www.dentalcare.com/soap/patient/english/children.htm](http://www.dentalcare.com/soap/patient/english/children.htm)
- [www.dentalcare.com/soap/patient/spanish/children.htm](http://www.dentalcare.com/soap/patient/spanish/children.htm)

### **TIME**

**Approx. 1.0 hours based on 1-3 students.**

### **LEARNING OBJECTIVES**

**Learners Will.....**

- **Learn the importance of regular dental check-ups.**
- **Learn proper techniques of teeth care to promote good oral health.**
- **Learn the importance and source of fluoride.**
- **Learn foods that are best for good dental health.**
- **Learn the things that are detrimental to good dental health.**
- **Learn how to get help getting a dentist appointment in Loudoun County.**

### **TECHNOLOGY OBJECTIVES**

**Learners will.....**

- **Experience the process of viewing information accessed from a web site.**
- **Learn about the web as a resource for medical and dental information.**

### **LITERACY AND ESOL SKILLS ADDRESSED**

**Learners will.....**

- **Interact verbally with one another and with the instructor while sharing information on the topic of dental health for themselves and their children.**
- **Learn new vocabulary related to the topic of dental health.**
- **Adopt new verbal skills in talking with community resources and dentists.**

# **Loudoun Literacy Council Health Curriculum**

## **TEACHER'S MODULE: ORAL MEDICATION**

### **QUESTIONS TO BE ASKED OF LEARNERS**

- **Why do we need medicine?**
- **What should I ask the doctor or pharmacist about the medicine prescribed?**
- **How do I read a prescription label?**
- **How do I give medicine to my family?**
- **How do I safely give over-the-counter medicines?**
- **How do I find a doctor to see me and how do I get a prescription in Loudoun County?**

### **MATERIALS NEEDED**

- **Prescription bottles with child proof caps**
- **E-Z dose spoon dropper, medicine glass, syringe, medicine spoon**
- **Book on Oral Medications – Proper Use and Administration**
- **White board with markers**

### **WORD BANK**

**Childproof covers, dose, drowsiness, germs, medication, medicine, orally, over-the-counter medication, pharmacy, prescribe, prescription, refills, syringe**

**Note: These are general suggestions. You may want to ask the learners to identify other words unfamiliar to them.**

### **HELPFUL WEB SITES**

- [www.americanheart.org/presenter.jhtml](http://www.americanheart.org/presenter.jhtml)
- [www.fda.gov/opacom/lowlit/medsafe.html](http://www.fda.gov/opacom/lowlit/medsafe.html)
- [www.pharmacyandyou.org/healthinfo/takemedicine.html](http://www.pharmacyandyou.org/healthinfo/takemedicine.html)

### **TIME**

**Approx. 1.0 hour based on 1-3 students**

### **LEARNING OBJECTIVES**

**Learners will.....**

- **Learn why medicine is needed**
- **Learn questions to ask doctors/pharmacists about their prescription**
- **Learn how to read messages on prescription bottles**
- **Learn about over-the-counter (OTC) medication**
- **Learn the different measuring tools for giving medication to children and how to use them**
- **Learn how to see a doctor in Loudoun County who may prescribe medication**

### **LITERACY AND ESOL SKILLS ADDRESSED**

**Learners will.....**

- **Interact verbally with one another and with the instructor while sharing information on the topic of medication**
- **Learn new vocabulary related to the topic of medication**
- **Adopt new verbal skills in talking with community resources, pharmacists, and doctors**

# **Loudoun Literacy Council Health Curriculum**

## **TEACHER'S MODULE: EMERGENCY HEALTH CARE**

### **QUESTIONS TO BE ASKED OF LEARNERS**

- What is a true health emergency?
- What do I do if I have a health emergency?
- How do I answer the questions if I have to call 9-1-1?
- Where can I go if someone is sick during the day (not an emergency) and I don't have a doctor's appointment?
- If I have an emergency, how do I get to the hospital emergency room?
- What happens after I arrive at the hospital?
- How do I pay if I don't have insurance?
- What type of insurance is there for me if I have a low income?
- What is available to me in Loudoun County for medical care?

### **MATERIALS NEEDED**

- 9-1-1 Emergency Hotline Cards (Spanish and English)
- White board with markers

### **WORD BANK**

Appointments, benefits, eligibility worker, emergency, immunizations, maternity care, naturalized citizen, pay stub, physical, pre-natal care, triage nurse, urgent care facility

Note: These are general suggestions. You might want to ask the learners to identify other words unfamiliar to them.

### **LEARNING OBJECTIVES**

Learners Will.....

- Learn what constitutes a medical emergency versus the need for a doctors visit.
  - Learn how and why to call 9-1-1 and what information to give dispatchers.
  - Learn how to get to the emergency room, where to park, and the procedures that happen after you arrive.
  - Learn what their options are for bill payment.
  - Learn resources available to them in Loudoun County for health care.

## **LITERACY AND ESOL SKILLS ADDRESSED**

**Learners will.....**

- **Interact verbally with one another and with the instructor while sharing information on hospital visits, insurance options, and health care in Loudoun County.**
- **Learn new vocabulary related to the topic of emergency room visits, insurance, and health care.**
- **Adopt new verbal skills in dealing with hospital personnel, insurance issues, and health care.**

**TIME: Approx. 1.5 hours based on 1-3 students**