



4-H WHO IS MR. NA

Instructions

- 1) Read the following out loud:

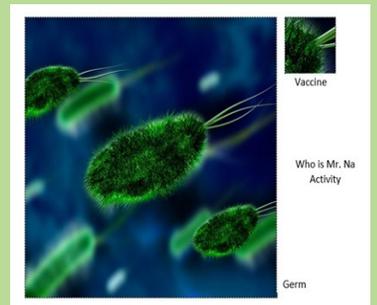
“Vaccines teach our body how to fight off invading germs. There are different types of vaccines. An mRNA (or Mr. Na) vaccine uses a replica of a piece of the germ to train your body with. It is like learning how to attack an alien battleship by learning about how part of it is built.

- 2) *In America, we start giving people their vaccines a few weeks after they are born. Usually, you need to get several doses for it to fully work. Who can name a vaccine that most people have had?*

- Diphtheria — 5 doses
- Tetanus — 5+ doses
- Pertussis/Whooping cough (DTaP, DTP, Tdap, or Td) — 5 doses
- Polio (OPV or IPV) — 4 doses
- Hepatitis B — 3 doses
- Measles, — 2 doses
- Mumps, — 2 doses
- Rubella (MMR) — 2 doses
- Varicella (Chickenpox) — 2 doses
- HPV — 2-3 doses
- Flu — every year
- Meningitis — 2 doses

If we give our bodies vaccines before we encounter the bad germs, we are ready to fight them should they enter the body. This means we can win the fight more quickly and not get as sick.”

- 3) In this game, we will use pictures of only small pieces of a germ, just like an mRNA vaccine. You will try to match up the small vaccine image with the larger germ picture.”
- 4) Count the number of participants that will be playing this game.
- 5) If there is an odd number, you should choose to play. If there's an even number, you would not play.
- 6) Pull out a stack of clipped photos that is half the number of your group (for example, if you have 20 people who will play, pull out 10 of the clipped photo pairs).
- 7) Remove paper clips and stack small photos together, and large photos together.
- 8) Divide the participants into two groups, a vaccine group and a germ group.
- 9) Pass out a small “vaccine” picture to everyone in the first group.
- 10) Pass out a large “germ” picture to each person in the other group.
- 11) Have the participants walk around and try to find the pair to their photo, so that there is a small and large photo matched up.
- 12) Once they have found their photo match, they should wait until everyone has matched up. Have them introduce themselves, and discuss other things they do daily to fight off germs.
- 13) Collect and redistribute cards and photos if you want to repeat the activity.



Materials Provided

- Germ & Vaccine photo sheets, public health letter (one per child)

Materials Needed

- Paper clips

Set Up

- Take the stack of photo sheets.
- Cut along the dotted line on the page to section the small photos from larger photos.
- Paper clip the pairs together.

Objective

Understand how mRNA vaccines work.



Reflection: Ask Participants these Questions

- *What do you remember about getting vaccines from your doctor in the past?*
- *What do you think is happening inside your body if you feel different after getting the shot? (Answer: Varies. This means your body is training to fight off these germs when they see them again. So you may feel a little bit like you do when you are actually sick, but you are not really sick, it's just practice.)*
- *How does getting that little piece of information from an mRNA vaccine help you get ready to fight the germs? (Answer: your body knows it is a bad germ quicker and can fight it off sooner.)*
- *How many lives do you think we save in the United States every year because of vaccines? (42,000)¹*
- *Hand out a public health letter to each member if you did not already distribute them with the Mummy Breath activity.*

Reference: 1) Zhou F, Shefer A, Wenger J, Messonnier M, Wang LY, Lopez A, Moore M, Murphy TV, Cortese M, Rodewald L. Economic evaluation of the routine childhood immunization program in the United States, 2009. *Pediatrics*. 2014 Apr;133(4):577-85. doi: 10.1542/peds.2013-0698. Epub 2014 Mar 3. PMID: 24590750

Survey

Leader, please fill in the following

Name of the club: _____

Total number of participants: _____

Age range of participants: _____

How much fun was this activity? Circle one: *[None at all/ A little/ A fair amount/ Quite a bit/ A lot]*

Who is Mr. Na Feedback Questions

Read the questions below to your group. Have them raise their hand or stand up if they think the answer is yes. Count how many people raised their hand.

1. *Was this activity fun?* Yes # _____ / No # _____
2. *Do vaccines help to keep you from getting sick?* Yes # _____ / No # _____

Instructions to Return Survey

Please have your Youth Officer or Community Club Leader complete the survey and return them to The State 4-H Office. We will provide \$80 to each 4-H Community Club that completes at least two of these healthy living activities, and submits the evaluation for each activity, by June 15, 2022. A pre-stamped, self addressed envelope is provided for your convenience. Surveys can be mailed to Roshan Nayak, 2801 2nd Street, Davis, CA 95618 or scan copies and email them to rknayak@ucanr.edu.

University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

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