

OUR HOUSE RULES TO KEEP COVID19 AWAY (LEVEL 3)

Description	In this project, we will learn what COVID19 is, its symptoms, how it spreads, how to avoid it and decide on our house rules to keep Covid19 away from our house and family.
Leading Question	What rules does our family need to keep COVID19 away?
Total Time Required	4 ½ hours over 3 days.
Supplies Required	Paper and pencil. (Optional: Coloring pens).
Learning Outcomes	<ol style="list-style-type: none"> 1. Define COVID19, its symptoms, and how to avoid it. 2. Develop communication skills.
Previous Learning	Not Applicable

DAY 1

Today you will learn about what COVID19 is and how to make sure you are maintaining health!

Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> • All family members must be called for a serious meeting. It is preferred that they sit in a circle, giving everyone an equal voice. • As parents are usually busy with work or other household chores, the younger family members are required to educate the family on COVID19. • As a group, come up with a list of no more than five driving questions for learners to find answers for.
10 minutes	In order to find answers, learners need to understand what are “good,” reliable, sources of information about Covid19. As a family, come up

	<p>with criteria for reliable sources. Probing questions for parents or supervisor:</p> <ul style="list-style-type: none"> - Is WhatsApp a reliable source? - What about social media? - Can someone put a formal logo on a fake document and share it via WhatsApp or SM? - If yes, then we must be careful with information we receive via such channels. How can we be more careful about it? - What news sources/websites should we go to in order to get reliable information on this matter? - What are the risks of getting information from an unreliable source?
20 minutes	<p>Input: Examples of reliable sources:</p> <ul style="list-style-type: none"> - Ministry of Health (ex: https://www.moph.gov.qa/english/Pages/Coronavirus2019.aspx#) - World Health Organization (WHO) https://www.who.int/emergencies/diseases/novel-coronavirus-2019 - Centers for Disease Control (USA): https://www.cdc.gov/coronavirus/2019-ncov/faq.html <p>Read flyers or watch videos with information from at least 2 reliable sources.</p> <p>Reflect about what these sources have in common. What makes them reliable? Come up with three criteria that define a reliable source. Write those down as questions that they will use to guide their research.</p> <p>(If there is no internet access available, parents may use the information and flyers provided as paper based along with this document: Frequently Asked Questions 11-13 and Useful Infographs.)</p>
30 minutes	<p>Read, extract information, and then present, in a clear and thorough manner, the answers to the initial questions.</p>
15 minutes	<p>Think of how you will present this to your family and then present.</p>
10 minutes	<p>The presentation must:</p> <ul style="list-style-type: none"> - Respond thoroughly to the family’s questions - Be interesting

	<ul style="list-style-type: none"> - Be informative: includes all necessary information, yet as short as possible. - Use drawings, visuals, or role play when relevant to ensure understanding
10 minutes	<p>Discuss with your parents/family:</p> <ul style="list-style-type: none"> - what you learned from the presentation - At least one clarifying question - Come up with additional questions that would be worth investigating

DAY 2

Today we will understand the scope of the impact of the pandemic in your country.

Suggested Duration	Activity and Description
30-45 minutes	<ul style="list-style-type: none"> • Numeracy extension • Find out the following information either from your government office, local newspaper, parents or internet (in a reliable source of information). <ul style="list-style-type: none"> - How many people do you have in your country (total population)? - How many people in your country have gotten infected with COVID19? - How many people have recovered from it in your country? - How many people have died from COVID19 in your country?

	Number of people	% of the population
COVID19 infections		
Recovered		
Died		

15 minutes	<ul style="list-style-type: none"> ● Reflect based on the table: <ul style="list-style-type: none"> ● What is the ratio of the number of people infected to the total population? ● What is the ratio of the number of deaths from COVID19 to the number of people who got infected with COVID19? ● What do you learn from the above computations in relation to COVID19? Some possible lessons learnt: <ul style="list-style-type: none"> - It is a fast-spreading sickness and is heavily infectious. The number of infections keeps increasing much faster - Few people are dying from it. - Most people who get the virus recover from it. It just may take longer than the flu.
10 minutes	<ul style="list-style-type: none"> ● Add these numerical details to your presentation and include further adjustments based on the initial feedback.
10 minutes	<ul style="list-style-type: none"> ● Present again to family members and receive their feedback

DAY 3

Today we want to make a plan of how to protect our family from Covid19!

Suggested Duration	Activity and Description
60 minutes	<p>In order to protect our family, we need you to think and write down of a list of three actions that we need to take in the following scenarios and present them:</p> <ul style="list-style-type: none"> ● Going out to buy groceries (get insight from the useful infographics appendix) ● Back to the house from the outside (get insights from the Useful Info graphs appendix)

<ul style="list-style-type: none"> ● Present your written rules and receive feedback and suggestions for improvements from your parents or educators. 												
<ul style="list-style-type: none"> ● Incorporate the feedback into your set of rules. After the rules are settled, think of how you might creatively share those rules with your family and encourage that they follow them. 												
<ul style="list-style-type: none"> ● Discuss with parents your ideas for how to organize the Rules sheet (look at the infographics on the appendix to get some ideas about how to present your rules). 												
<ul style="list-style-type: none"> ● Design your “Rules sheet” <p>For every rule, there must be a Champion to ensure it is being followed and a strategy to encourage people to follow the rule.</p> <p>Sections that you may include:</p> <ul style="list-style-type: none"> - Rules to follow when going out - What to do after coming back - Hand washing tutorial - What we now know that is different from last year. <p>This is one example of what the “Rules Sheet” may look like:</p> <table border="1"> <thead> <tr> <th>Rule</th> <th>Champion</th> <th>Strategy to encourage people to follow the rule</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table> <p>Showcase your Rule Sheets to parents.</p>	Rule	Champion	Strategy to encourage people to follow the rule									
Rule	Champion	Strategy to encourage people to follow the rule										
<ul style="list-style-type: none"> ● Receive feedback from your parents 												
<ul style="list-style-type: none"> ● Incorporate the feedback received into your presentation 												
<ul style="list-style-type: none"> ● Discuss with your parents what you discovered and enjoyed the most and least about this process and through this activity, challenges they faced, etc. 												

Place the rules in visible places around the house and start implementing them straight away!

ASSESSMENT CRITERIA

- Checklist criteria for presentations and rules are shared respectively.
- Identification of reliable and unreliable sources of information on COVID19
- Presentation of the COVID19 rules for the family

ADDITIONAL ENRICHMENT ACTIVITIES

- -Learners write a thank you letter to a doctor or nurse they know
- -Learners research food and home-based exercises that improve the immunity.

FREQUENTLY ASKED QUESTIONS 11-13

ANSWERING QUESTIONS TEENS MAY HAVE ABOUT THE NEW CORONAVIRUS,

SOURCE: [HTTPS://WWW.HEALTH.HARVARD.EDU/BLOG/HOW-TO-TALK-TO-TEENS-ABOUT-THE-NEW-CORONAVIRUS-2020031419192](https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192)

WHAT CAUSED THIS NEW CORONAVIRUS?

Coronaviruses cause the common cold and the flu. This coronavirus is believed to have [started in animals](#) and then passed on to humans at a live animal market in China.

WHY NOW?

This is actually not the first time that there has been a widespread virus that started in animals and spread to humans. Another example is the severe acute respiratory syndrome ([SARS](#)) outbreak in 2002 that was caused by a different coronavirus. That virus eventually was contained. Doctors, scientists, and government officials are working hard to do the same with this newest coronavirus.

One reason why we are hearing more about this virus is because of how fast it is spreading and how much it has affected people in many different countries. Another reason is that we also have many more ways of sharing information than we did in 2002, and posts now have the ability to “go viral” themselves. If you notice that you are becoming distressed after reading all of the posts about the virus, then it might be helpful to limit how much you read about the virus in the news and on sites or apps, to be informed just enough.

CAN OUR PETS GET SICK?

There is little evidence that domesticated pets, including dogs and cats at home, are likely to get sick from this new coronavirus, or [spread the virus](#).

CAN YOU DIE FROM THE NEW CORONAVIRUS?

Most people — probably more than 95% and possibly more than 99% — who have gotten sick from the new coronavirus have not died. The death rate is likely even lower than has been reported in the news because, just like with the flu, some people with mild cases of the virus may not have gone to the doctor to get tested.

WILL MY SCHOOL CLOSE BECAUSE OF CONCERNS REGARDING THE NEW CORONAVIRUS?

Some communities may decide to temporarily close places, including schools, to give communities affected by illness caused by the virus a chance to prevent it from spreading quickly. This has happened before when some schools have had high rates of other viruses, including the norovirus. Those schools reopened later. If your school makes the decision to close temporarily, we will hear more about that.

SHOULD WE STAY HOME TO REMAIN SAFE, SO WE DON'T CATCH THE NEW CORONAVIRUS?


People who are infected with the new coronavirus are asked to stay home for about two weeks. Also, people who might have been exposed to the virus are asked to stay home for a period of time to make sure they don't develop any symptoms of the virus.

If you don't have the virus, then you should continue to do what you need and love to do. Practice the same everyday healthy habits that you would (or should) do anyway. You'll be on track if you:

- Sneeze or cough into tissues (and throw them away) or sneeze or cough into your elbow. These behaviors help keep germs from traveling and making other people sick.
- Wash your hands with soap and water after going to the bathroom, before eating, and after blowing your nose. When you wash your hands, remember to count slowly to 20.
- Try to avoid touching your mouth, eyes, and nose, which are places where the germs can enter your body.
- Try to get enough sleep and eat well to help your body stay healthy.

USEFUL INFO GRAPHS


HOW IS CORONAVIRUS DISEASE (COVID-19) TRANSMITTED?




COVID-19 is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, **coughs or sneezes**, or through **droplets of saliva or discharge from the nose**. It is important that everyone practices good respiratory hygiene. For example, **sneeze or cough into a flexed elbow**, or **use a tissue and discard it immediately into a closed bin**. It is also very important for people to **wash their hands regularly** with either alcohol-based hand rub or soap and water.




For more info. on novel coronavirus (COVID-19)
visit www.moph.gov.qa or call 16000














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PROTECT YOURSELF FROM THE CORONAVIRUS DISEASE-2019 (COVID-19)


Stay at home and only go out when necessary, this also includes your household workers



<p>Explain to your household workers the precautionary measures to take, and to avoid being in contact with workers outside your home</p> 	<p>Avoid social gatherings</p> 
<p>Keep at least a 2-meter distance between yourself and others</p> 	<p>Avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing</p> 
<p>Make sure you wash your hands with soap and water. If soap and water are not available, disinfect your hands with alcohol-based hand sanitizer</p> 	<p>Avoid touching your nose, mouth, and eyes</p> 
<p>When coughing or sneezing:</p> <ul style="list-style-type: none"> • Cover your nose and mouth with a clean napkin, make sure to throw the used napkin in a closed trash bin immediately and wash your hands directly afterwards • If a napkin is not available, make sure you use the upper part of your arm 	<p>If you are showing symptoms such as coughing, sneezing, or fever;</p> <ul style="list-style-type: none"> • Use a face mask • Avoid close contact with others • Increase fluid intake, and take fever lowering medications when necessary • If your symptoms become worse, contact our call center immediately: 16000 

For Further Information, Contact Our Call Center: 16000

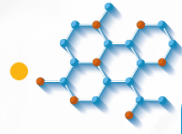
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WHAT IS CORONAVIRUS DISEASE (COVID-19)?



COVID-19 is a new strain of coronavirus that was first identified in Wuhan, Hebei Province, China. The majority of cases have been reported in China, with a cluster of cases also reported in other countries.



According to the updated clinical and epidemiological features of the emerging virus, COVID-19 is likely to have originated in animals, and the transmission from person to person has been reported. People with COVID-19 experience course of illness that generally range from mild to moderate symptoms. Severe symptoms and complications, or even death, may occur in people who suffer chronic diseases and lowered immunity.

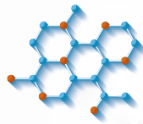


For more info. on novel coronavirus (COVID-19) visit www.moph.gov.qa or call 16000

WHAT TREATMENT IS GIVEN TO PATIENTS WITH CORONAVIRUS DISEASE (COVID-19)?



There is no specific antiviral treatment available for patients with COVID-19. People infected with the virus receive supportive medical care to relieve their symptoms.



For more info. on novel coronavirus (COVID-19) visit www.moph.gov.qa or call 16000



متى تغسل يديك؟ WHEN TO WASH YOUR HANDS?

بعد اللعب مع الحيوانات
AFTER PLAYING WITH PETS



بعد العطس أو السعال
AFTER YOU SNEEZE OR COUGH



بعد استخدام دورة المياه
AFTER USING THE W.C.



قبل و بعد تناول الطعام
BEFORE & AFTER EATING



بعد اللعب
AFTER PLAYING



عند العودة للمنزل
WHEN YOU GO BACK HOME



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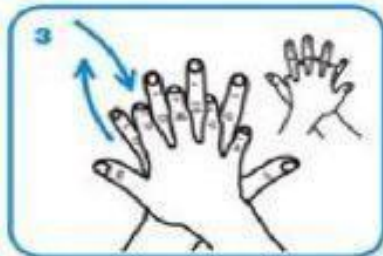
Wet hands with water



apply enough soap to cover all hand surfaces.



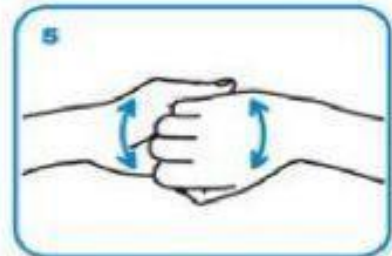
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



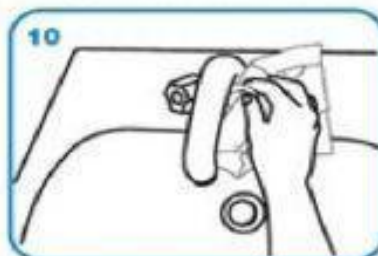
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



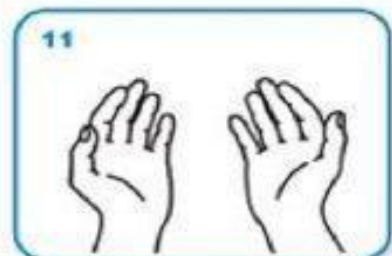
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



1
Before putting on a mask, **clean hands with alcohol-based hand rub or soap and water**



2
Cover mouth and nose with mask and **make sure there are no gaps between your face and the mask**



3
Avoid touching the mask while using it; **if you do, clean your hands with alcohol-based hand rub or soap and water**



4
Remove the mask from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



5
Replace the mask with a new one as soon as it is damp and do not re-use single-use masks