

## OUR HOUSE RULES TO KEEP COVID19 AWAY (LEVEL 1)

<b>Description</b>	In this project, we will decide on our house rules to keep Covid19 away from our house and family.
<b>Leading Question</b>	What set of rules does our family need during this staying at home period?
<b>Total Time Required</b>	5 hours over 3 days.
<b>Supplies Required</b>	Paper and pencil. (Optional: Coloring pens). Two bowls, black pepper and soap Face masks, food coloring or natural alternatives
<b>Learning Outcomes</b>	1. Define COVID19, its symptoms, and how to avoid it. 2. Develop communication skills.
<b>Previous Learning</b>	This project is most suitable for grade 1 and 2 students.

### DAY 1

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

<b>Suggested Duration</b>	<b>Activity and Description</b>				
<b>5 minutes</b>	<p>1. Reflect about what you used to think about Covid-19 at the beginning of the pandemic and what you think now. Parents and educators can join this reflection and add their thoughts about what they used to think and that they now think.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;"><i>I used to think about Covid-19....</i></td> <td style="width: 50%; text-align: center;"><i>Now I think about Covid-19...</i></td> </tr> <tr> <td style="height: 30px;"></td> <td style="height: 30px;"></td> </tr> </table>	<i>I used to think about Covid-19....</i>	<i>Now I think about Covid-19...</i>		
<i>I used to think about Covid-19....</i>	<i>Now I think about Covid-19...</i>				
<b>5 minutes</b>	<p>2. Reflect: as our thinking about the pandemic has evolved, the understanding of scientists has evolved as well. In this project, we will explore some of the science about Covid19 and see how it has evolved. We will create a brochure to explain to our</p>				

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families what we now (April 2021) know about how they can avoid getting Covid19.

**20 minutes**

- What do you know about the following topics:
  - o What is Covid19?
  - o What are the symptoms of Covid19?
  - o What are the symptoms of the flu?
  - o How can people catch Covid19?
  - o What are some things we can do to avoid catching Covid19?
  - o What happens to people who get sick with Covid19?

**15 minutes**

- Numeracy extension

Find out the following information either from your government office, local newspaper, parents or internet.

- o How many people in your country have gotten infected with COVID19?
- o How many people have recovered from it in your country?
- o How many people have died from COVID19 in your country?

Use the information to fill out the table below:

	Number of people
COVID19 infections	
Recovered	
Died	

## DAY 2

Today we will learn why some of these things, that we have been told to do prevent Covid19,

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work.

**Suggested  
Duration**

**20 minutes +  
set up time**

**Activity and Description**

- Activity to demonstrate how hand washing removes germs off our hands.



Bowl with Black Pepper



Bowl with Soap

- Fill a bowl with water and add some black pepper to it
- Put a little bit of liquid soap or diluted bar soap in another bowl
- Learners will insert their finger in the black pepper water and swirl it and take it out to see how the black pepper like virus germs get stuck to their finger
- Learners will now insert their finger in the liquid soap and reinsert it in black pepper
- Learners will see how the black pepper in the bowl moves away when their finger covered with soap is reinserted.
- Let now learners try different amounts of pepper and soap in each of the bowls, and see what happens. Is there a “right amount of soap?,” “Does soap “stop working” if there is too much pepper?”
- Input: A healthy person also might get germs on their hands. This might happen by touching someone who is sick, or touching surfaces where germs landed because someone sick sneezed or coughed or touched those surfaces. To keep germs on hands from getting inside the body, wash your hands with soap and water or use hand sanitizer afterward. Try not to touch your mouth, eyes, or inside your nose because those are places where the germs can get inside the body.
- Conclusion: It is important to wash hands well with soap and water.
- (see [Handwashing tutorial](#) in the appendix)

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**20 minutes +  
set up time**

- Activity to illustrate the importance of *wearing masks*
  - Input: Sneezes, coughs, breathing, and talking can send germs into the air. We are going to make an experiment to see how and to what extent face masks prevent this.
  
  - What kind of masks have you worn? We are going to test them out.
    - Experiment 1:
      - Find food coloring or something at your homes that can work as food coloring (beets, strawberries, red cabbage, etc.)
      - Put the food coloring (or the alternative) in your mouth and try out at least three different activities for two minutes while wearing masks (exercise, walk around the house, cough, etc.).
      - Observe how much food coloring transferred to the outside of your masks.
      - Understand that masks stop germs from spreading around and that germs penetrate your masks depending on the quality of the mask and the type of activity.

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**10 minutes**

- Activity to illustrate the importance of *social distancing*.
    - **Input:** When the germs go into the air, they can travel for up to six feet (two metres)- further than you are tall. That's why it's important to stand six feet apart from people other than your family. You don't want to breathe in air with germs.
  
    - Come up with a comparison of a distance similar to six feet.
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## DAY 3

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

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Suggested Duration	Activity and Description
15 minutes	<p>In order to protect our family, think of two of actions that we need to take in the following scenarios (then illustrate the two actions):</p> <ol style="list-style-type: none"> <li data-bbox="501 512 894 541">1. <b>Going out to buy groceries</b></li> </ol> <p>(get insights from the <a href="#">Useful Info graphs</a> appendix)</p> <ol style="list-style-type: none"> <li data-bbox="501 667 967 697">2. <b>Back to the house from outside</b></li> </ol> <p>Think and then present (get insights from the <a href="#">Useful Info graphs</a> appendix)</p>
5 minutes	<ul style="list-style-type: none"> <li data-bbox="472 915 1344 982">● Present your drawings and receive feedback and suggestions for improvements from your parents or educators.</li> </ul>
5 minutes	<ul style="list-style-type: none"> <li data-bbox="472 1083 1369 1192">● Incorporate the feedback into your set of rules. After the rules are settled, think of how you might creatively share these rules with your family and encourage that they follow them.</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li data-bbox="472 1251 1377 1360">● Discuss your ideas with your parents or educators for how to organize the Rules sheet (look at the infographics on the appendix to get some ideas about how to present your rules).</li> </ul>
10 minutes	<ul style="list-style-type: none"> <li data-bbox="472 1419 1360 1528">● Add a 1) Champion to each of their four rules to ensure that they are followed and 2) a strategy to encourage people to follow the rule.</li> </ul> <p data-bbox="453 1608 1230 1638">This is one example of what the “Rules Sheet” may look like:</p> <ul style="list-style-type: none"> <li data-bbox="501 1688 1073 1717">- Each rule can be represented with a drawing</li> <li data-bbox="501 1726 1170 1755">- The champion for each rule may be tagged next to it.</li> <li data-bbox="501 1764 1344 1793">- At the end, there is a “prize” to encourage people to follow the rule</li> </ul>

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**10 minutes**

Showcase your Rule Sheets to your parents.

Receive feedback from your parents based on the assessment criteria

Incorporate the feedback into your presentation

Discuss with your parents what you discovered and enjoyed the most and least about this process and through this activity, challenges you faced etc.

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## ASSESSMENT CRITERIA

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- Checklist criteria for presentations and rules are shared respectively.

## ADDITIONAL ENRICHMENT ACTIVITIES

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- Make copies of the rules and place them around the house.
- If there is access to a smart phone and/or internet connection, share the set of rules with cousins and friends to consider within your families.

## HANDWASHING TUTORIAL

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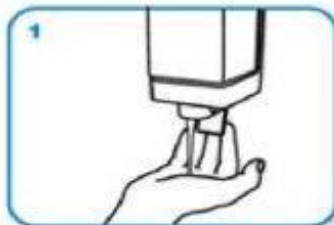
Spend at least 20 seconds rubbing your hands (images 2 to 7 below)

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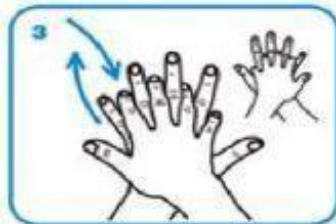
Wet hands with water



apply enough soap to cover all hand surfaces.



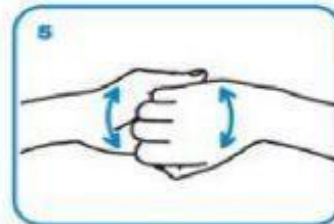
Rub hands palm to palm



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



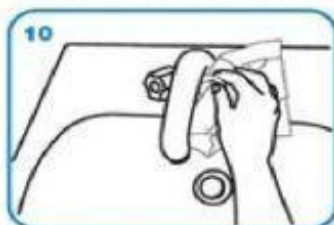
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



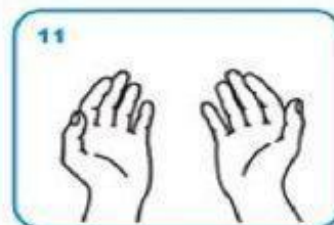
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

## USEFUL INFO GRAPHS

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## 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](http://www.moph.gov.qa) or call 16000

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

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**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><b>When coughing or sneezing:</b></p> <ul style="list-style-type: none"> <li>• 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</li> <li>• If a napkin is not available, make sure you use the upper part of your arm</li> </ul> 	<p>If you are showing symptoms such as coughing, sneezing, or fever;</p> <ul style="list-style-type: none"> <li>• Use a face mask</li> <li>• Avoid close contact with others</li> <li>• Increase fluid intake, and take fever lowering medications when necessary</li> <li>• If your symptoms become worse, contact our call center immediately: 16000</li> </ul> 

For Further Information, Contact Our Call Center: 16000

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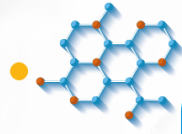


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## WHAT IS CORONAVIRUS DISEASE (COVID-19)?



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.

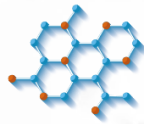


For more info. on novel coronavirus (COVID-19) visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000

## 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.



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## 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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## 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

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