

OUR HOUSE RULES TO KEEP COVID19 AWAY (LEVEL 2)

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	5 hours over 3 days
Supplies Required	Paper and pencil. (Optional: Coloring pens). Two bowls, black pepper and soap Face masks, food coloring or natural alternatives
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				
10 minutes	<ol style="list-style-type: none"> 1. Ask learners to reflect about what they used to think about Covid-19 at the beginning of the pandemic and what they think now. Parents and educators can join this reflection and add their thoughts about what they used to think and that they now think. 				
	<table border="1"> <tr> <td>I used to think about Covid-19...</td> <td>Now I think about Covid-19...</td> </tr> <tr> <td></td> <td></td> </tr> </table>	I used to think about Covid-19...	Now I think about Covid-19...		
I used to think about Covid-19...	Now I think about Covid-19...				

5 minutes

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

25 minutes

- What do you know about the following questions?
 1. What is Covid19?
 2. What are the symptoms of Covid-19?
 3. What are the symptoms of the flu?
 4. How can people catch Covid19?
 5. What are some things that we can do to avoid catching Covid19?
 6. Why do people wear masks?
 7. What happens to people who get sick with Covid19?

20 minutes

- Numeracy Extension:

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

- 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?

Use the information to fill out the table below:

	Number of people	% of the population
COVID19 infections		
Recovered		
Died		

Reflect based on the table: How do deaths compare to recoveries? (We see that most people who get the virus recover from it), How do infections compare to deaths? Were you expecting bigger or smaller numbers? why?

DAY 2

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

Suggested Duration

20 minutes

Activity and Description

1. 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.
- Share about what you have observed
 - 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.

- **Conclude:** It is important to wash hands well with soap and water. **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 at the same times you usually do, like after going to the bathroom, before eating, and after blowing your nose. When you wash your hands, remember to count slowly to 20. See [Handwashing tutorial](#) in the appendix.

30 minutes

2. 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.

- a. What kind of masks have you worn? We are going to test them out.
 - Experiment 1:
 1. Find food coloring or something at your homes that can work as food coloring (beets, strawberries, red cabbage, etc.)
 2. Put the food coloring (or the alternative) in your mouths and try out at least three different activities for two minutes while wearing masks (exercise, walk around the house, cough, etc.).
 3. Observe how much food coloring transferred to the outside of their masks.

10 minutes

- Experiment 2:
 - Grab all the facemasks that you can find at home (N95, surgical, cloth, etc.)
 - Spray colored water on the inside of the mask.
 - What mask was most effective at stopping the water from going to the outside?

15 minutes

3. Activity to illustrate the importance of *social distancing*.

- a. **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.
- b. Come up with a tool to measure six feet. Here is one suggestion:
 - Stand still and mark your position.
 - Take 4 normal steps
 - Ask your parent to use a measuring tape to measure (or guesstimating) the distance travelled and advises how many more steps to take
 - Repeat the above with the new suggested number of steps, until you reach 2 metres or more
 - Now ask one of your parents or siblings to stand, and you take the steps to be 2 metres or further away from them
 - Have a thorough look so you learn to visually estimate a 2 metre distance from others once needed

DAY 3

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

Suggested Duration	Activity and Description
	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:
15 minutes	<ul style="list-style-type: none"> Going out to buy groceries (get insight from the useful infographics appendix)
15 minutes	<ul style="list-style-type: none"> Back to the house from the outside (get insights from the Useful Info graphs appendix)
10 minutes	<ul style="list-style-type: none"> Present your written rules and receive feedback and suggestions for improvements from your parents or educators.
10 minutes	<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.
10 minutes	<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).
20 minutes	<p>Design their “Rules Sheet”.</p> <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.

This is one example of what the “Rules Sheet” may look like:

Rule	Champion	Strategy to encourage people to follow the rule

5 minutes

Showcase your rulesheet to your parents and family

10 minutes

Receive feedback and add suggestions based on the assessment criteria:

- What criteria appear strongly on their rules sheet?
- What aspects can be improved based on the criteria?

Incorporate the feedback received 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.

ASSESSMENT CRITERIA

- Checklist criteria for presentations and rules are shared respectively.

ADDITIONAL ENRICHMENT ACTIVITIES

- Learners write a thank you card to a doctor or nurse they know, who is working tirelessly to help people get well during these critical times
- -Learners set a plan and divide roles on who is responsible to ensure the application of every rule

HANDWASHING TUTORIAL

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



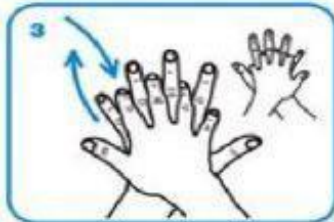
Wet hands with water



apply enough soap to cover all hand surfaces.



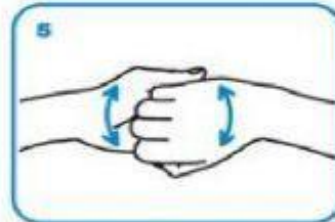
Rub hands palm to palm



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



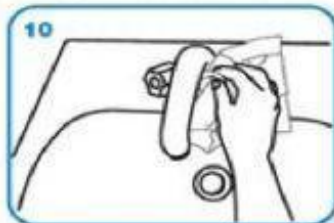
rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.



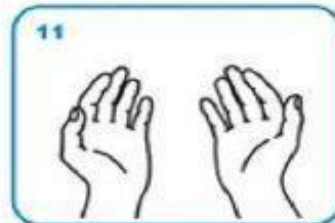
Rinse hands with water



dry thoroughly with a single
use towel



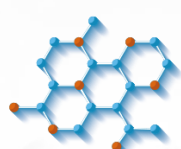

use towel to turn off faucet



...and your hands are safe.

USEFUL INFO GRAPHS


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**

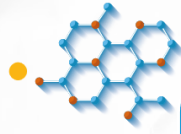
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WHAT IS CORONAVIRUS DISEASE (COVID-19)?



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.

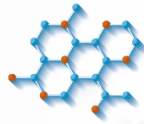


For more info. on novel coronavirus (COVID-19) visit www.moph.gov.qa or call 16000

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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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