

Unit/Level: COVID-19 – Who is AT RISK?
Objective
<p>Ps will practice vocabulary COVID-19 Symptoms Ps will be able to explain who is at risk for catching COVID -19</p>
Materials
<p>NOTE to FACILITATOR: Depending on level of Ps, this lesson may take more than 1 session to complete.</p> <ul style="list-style-type: none"> • FACILITATOR GUIDE – Has samples Govt of Canada resources available in more than 20 languages • Prior Knowledge: <ul style="list-style-type: none"> ○ Ps should complete units on Handwashing, Stay Home and Physical Distance and Symptoms • FLASHCARDS – COVID-19 Symptoms (Foundation) • FLASHCARDS – At Risk • HANDOUT: COVID-19 At Risk PICTURE DICTIONARY
Step 1 Warm Up (10 minutes)
<p>Introduce the topic of being “At Risk” to catch COVID-19</p> <ul style="list-style-type: none"> - Show “At Risk” on the whiteboard – ask if they know this term - Explain “at risk’ means someone is likely to be more harmed or take longer to get better - ASK if they can think of anyone who might be at risk for COVID-19 - It is particularly dangerous for seniors - But there are lots of other people who can be ‘at risk’
Step 2 Work out (30 minutes)
<p>REVIEW Symptoms - Using the FLASHCARDS from the Foundation/Beginner lesson</p> <ul style="list-style-type: none"> • Remind them that COVID-19 is a very contagious disease, meaning it’s easy to catch • It can take up to 14 days to develop symptoms • However, a person who has this disease can give it to another person even if they have no symptoms <p>INTRODUCE NEW WORDS</p> <ul style="list-style-type: none"> • People who have the disease but have no symptoms are also called Asymptomatic • People can be asymptomatic but still spread the disease to another person • People of all ages can catch the disease • But, there are some people who are ‘at risk’ (also called ‘high risk’ or vulnerable) • These people can have worse symptoms and can take a much longer time to recover (get better)

Which vulnerable people might be most harmed by COVID-19?

- Seniors
- People who have **underlying conditions**. This means ones who have heart disease, high blood pressure, lung disease, diabetes, kidney disease, cancer
- People who have weak immune systems (your immune system is what helps you fight off disease)
- People with weak immune systems could include people who are going through chemotherapy or dialysis
- Pregnant women

These people are at risk for catching the disease and spreading it to vulnerable people:

- People who recently returned from a trip, or who have been with someone who recently returned
- People who have been exposed to another person who has COVID-19

PAIR WORK: Have them spend 5 minutes talking about who they might know who would be 'vulnerable'

ASK how vulnerable people can protect themselves

- Stay home
- Wash your hands often
- Practice physical distancing
- Only go out when you absolutely have to and always wear a mask.

Step 3 Cool Down (10 minutes)

Check their progress: Review what they have learned by asking various questions about COVID-19

- What does it mean to be asymptomatic with COVID-19?
- How long can you be asymptomatic?
- What does it mean to be 'at risk' or 'high risk'?
- What does it mean to be 'vulnerable'?
- What makes a person vulnerable to COVID-19?
- How can vulnerable people protect themselves?