

Unit//Level: COVID-19 – How to protect yourself – STAY HOME

Objective

Ps will practice vocabulary around COVID-19
Ps will be able to explain how to help protect yourself against COVID-19

Materials

NOTE to FACILITATOR: Depending on level of Ps, this lesson may take more than 1 session to complete.

- **FACILITATOR GUIDE – Has samples Govt of Canada resources available in more than 20 languages**
- **Prior Knowledge:**
 - **Make sure Ps have completed the A&O lesson on [Hand Washing](#)**
- **FLASHCARDS – Stay Home Digital**
- **HANDOUT: Stay Home PICTURE DICTIONARY**

Step 1 Warm Up (10 minutes)

Introduce the topic of COVID-19

- Show “COVID-19” on the whiteboard – ask if they know this term. Do they know anyone who has had it?
 - Explain that COVID-19 is a virus that is very dangerous and is very easy to catch.
 - It is a Pandemic which means it’s all over the world
 - It is particularly dangerous for seniors
 - It can cause pneumonia and other serious problems, and you could end up in hospital for a long time
 - Right now there is no vaccine or cure, so it is important to try to prevent catching it.
- Put any new words on the board that relate to the topic you are covering today, like: **COVID-19, Pandemic, Shelter in Place, household, high-touch disinfect, disinfectant**
- Tell Ps they are going to learn about how to help protect themselves against COVID-19

Step 2 Work out (40 minutes)

What is a Shelter in Place?

- Show the Shelter in Place Flashcard
- It is another way of saying STAY HOME whenever possible

What is a ‘Household’?

- A ‘household’ is all people who regularly live together in one home (house, apartment, condo)
- If you have family members who do NOT live with you (children, grandchildren) they are NOT members of your household. They have their own household

ASK them who lives in their household.

ASK them where their children and grandchildren live.

- If they have two children who are married with kids, and they each live in separate housing, then those are 2 separate households.
- If they live with one of their children and grandchildren, then they all form one household.
- People who don’t live with you regularly should NOT come into your home (no children, grandchildren, no friends)
- Limit the number of times you go out (*NB There is more information on how and when the Ps can go out in the “Physical (Social) Distance” Lesson plan*)

What is the proper way to wash your hands? (refer to the Lesson Plan and related materials on Hand Washing)

- Must take 20 seconds
- Have the Ps practice the act of washing their hands while singing the ABC song (takes around 20 secs to do the whole song)

ASK: When should you wash your hands?

It is very important that you do not touch your face (Show picture)

- COVID-19 gets into your body through your mouth, nose and eyes
- Do not touch any part of your face as germs can easily spread
- Especially do not touch your mouth, nose and eyes

What is the proper way to cough and sneeze? (Show pictures)

- Make sure Ps know to cough and sneeze into their elbow
- If they use a tissue to blow their nose, they **MUST** throw the tissue in the garbage and wash their hands immediately after

What is disinfectant? (Show Picture)

- Disinfectant is anything that can clean germs away
- It can be alcohol based or it can be soap and water
- Soap and water is the best and cheapest disinfectant

When should you disinfect something?

- Any areas that are regularly touched by another person are called **high-touch** areas and must be disinfected regularly
- Anything that you touch after coughing, sneezing, or being outside the home must be disinfected

PAIR WORK: Have them spend 5 minutes talking about all the **high-touch** areas in their house that they should disinfect regularly.

Then go around the room and have them take turns telling you the high-touch areas they came up with, while you write the areas on the board. The list should include door handles, light switches, phones, toilet handles, water taps, TV remotes i.e. anything that can be regularly touched by other people.

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 shelter in place?
 - Who is part of your household?
 - Who can come into your home (no one)
- How do you cough/sneeze?
 - Must use elbow
 - If using tissue, must wash hands after
- How and when should you wash your hands?
 - Have them demonstrate all the parts that must get washed, have them sing the ABC song, have them talk about when they should wash their hands
- Why should you disinfect?
 - What areas should you disinfect – high touch areas
 - what should you use?