

Unit/Level: COVID-19 – How to protect yourself: PHYSICAL (SOCIAL) DISTANCE

Objective

Ps will be able to explain how to practice Physical (Social) Distance
Ps will be able to explain how to put on a face mask

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 you have completed the Hand Washing lesson**
 - **Make sure you have completed the COVID-19 STAY HOME lesson**
- **FLASHCARDS:** Physical Distance
- **HANDOUT:** PICTURE DICTIONARY Physical Distance
- **HANDOUT:** How to put on your mask

Step 1 Warm Up (10 minutes)

- Review how to wash hands, how to cough and sneeze
- Review Shelter in Place/Stay home
- Put any new words on the board that relate to the topic you are covering today:
Physical (or Social) Distance, face masks, ways to say hello and goodbye
- Tell Ps they are going to learn about how to help protect themselves against COVID-19 by practicing Physical Distance

Step 2 Work out (40 minutes)

What is Physical Distance?

- Physical Distance is also called “Social Distance”
- You must always keep at least 6 feet (2 meters) between yourself and another person
- Do not shake another person’s hand
- Do not hug anyone, even another family member (children or grandchildren) who are not part of your own household
- You shouldn’t spend any more than 10 minutes with another person who is not part of your household, and they should NOT come into your home
- Don’t ride in a car with anyone who is not part of your household
- It’s ok to go outside for an hour a day for exercise (like a walk or bicycle ride) as long as it’s by yourself or with another person from your household
- You can meet with family and friends online (FaceTime, Facebook Messenger, What’sApp, Skype, Zoom, Microsoft Teams)

Can you go out? Show them the “At the Bank, At the Store, At the Checkout” Flashcards

- Seniors are encouraged, if at all possible, to have groceries or medication delivered, either by the store or by a friend, family member or delivery service

- Seniors can go to the grocery store or pharmacy before everyone else (usually 1 hour before regular opening)
- They should limit going out to once a week at most
- Only one person should go into the store; the other person should wait in the car
- Seniors are encouraged to go outside for walks in good weather at least once a day
- Be sure to maintain physical distance (6 feet, or 2 metres) and always wear your mask

Why should you wear a mask?

- To protect other people as well as yourself
- The COVID-19 virus travels through the air on droplets from your breath.

When should you wear a mask?

- Anytime you are with another person who is not part of your household
- Anytime you go into a store, doctor's office, or any place where there are new people
- If you ride a bus (riding a bus is not encouraged, only if there is no other choice)
- Anytime you go outside for exercise

How should you put on and take off a mask?

HANDOUT: How to put on your mask

- Review the graphic with them and demonstrate each step on yourself
- Make sure they wash their hands before they put it on and after they take it off
- They must wash the mask each time they have finished wearing it (don't re-use the mask before washing)

Can I shake hands, or hug my grandchildren or children?

- **HAND SHAKING:** Unfortunately, the days of shaking hands seems to be over. But there are lots of ways to say "hello" and "goodbye" (Review Flashcards 7-17 for different ways to say these greetings). Have them demonstrate these. (NOTE: the last flashcard has a Question: "What's wrong with this picture?" A: They should both be wearing masks)

ASK: Do they know of any other ways to say 'hi'?

- **HUGGING:** You cannot hug anyone who is not in your own household. This is difficult of course, and perhaps one day we'll be able to do that. But for now, hugging and kissing (close contact) is a sure way to catch the virus. You can blow a kiss to your loved one (pretend blowing, not 'real' blowing).

What sorts of things can we do?

PAIR WORK: For 5 minutes, have them talk about the things they can do to still maintain their health and connection to other people while following physical distance guidelines, then go around the room and write their ideas on the board. Ideas should include:

- Greet and wave to people from a distance
- Go outside – walk, bike, walk a dog
- Work in their garden
- Read, draw, paint, listen to music, dance, play games, watch a movie at home
- Cook a really fancy meal
- Video chats with friends and family
- Have their food and medications delivered to them
- Online shopping
- Online learning (like these classes!)
- Online 'virtual' tours of museums and art galleries, zoos
- Take advantage of A&O's The Daily Hello

Step 3 Cool Down (10 minutes)

Check their progress:

- Review what they have learned by asking various questions about Physical Distance
 - What is another word for Physical Distance
 - Who do you practice physical distance with?
 - How many feet must you keep between you and another person?
 - How can you meet with family and friends?
 - Why do you wear a mask?
 - How do you put on a mask?
 - When do you wear a mask?
 - Can you shake hands or hug people? Why not?
 - What are some ways you can say hello and goodbye?