

Unit//Level: COVID-19 – SYMPTOMS								
Objective								
<p>Ps will practice vocabulary COVID-19 Symptoms Ps will be able to explain what to do if they have COVID-19 symptoms</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 • FLASHCARDS – COVID-19 Symptoms • FLASHCARDS – How to self-isolate • HANDOUT: COVID-19 Symptoms PICTURE DICTIONARY • HANDOUT: How to self-isolate 								
Step 1 Warm Up (10 minutes)								
<p>Introduce the topic of COVID-19 Symptoms</p> <ul style="list-style-type: none"> - Show “Symptoms” on the whiteboard – ask if they know this term. - Explain symptom is something that indicates they may be sick. <p>ASK: What are symptoms for a cold (sneezing, sore throat etc.) what are the symptoms for the flu? (headache, fever)</p> <ul style="list-style-type: none"> - COVID-19 is a virus that is like the flu but MUCH more serious - COVID-19 is very contagious, meaning it’s very easy to catch the disease - It is particularly dangerous for seniors <ul style="list-style-type: none"> • Put any new words on the board that relate to the topic you are covering today, like: Contagious, chronic, shortness of breath, gasping, urgent, self-isolate • Tell Ps they are going to learn about the symptoms of COVID-19 								
Step 2 Work out (40 minutes)								
<p>USE FLASHCARDS - What are the symptoms of COVID-19? It could be any combination of these mild symptoms:</p> <table border="0"> <tr> <td>- fever</td> <td>- sore throat</td> </tr> <tr> <td>- dry cough</td> <td>- headache</td> </tr> <tr> <td>- shortness of breath</td> <td>- sudden loss of taste or smell</td> </tr> <tr> <td>- muscle aches</td> <td>- chills</td> </tr> </table> <p>What should you do if you have any of these symptoms?</p> <ul style="list-style-type: none"> - Call your doctor or public health and tell them about your symptoms - Do not GO to your doctor or the hospital without calling first - Self-isolate at home, do not go out for any reason - The doctor will tell you to keep an eye on your symptoms in case they become urgent - There is no medicine you can take to ‘cure’ COVID-19. - It takes about 5-14 days for you to ‘get over’ the mild form of the disease - You MUST SELF-ISOLATE 	- fever	- sore throat	- dry cough	- headache	- shortness of breath	- sudden loss of taste or smell	- muscle aches	- chills
- fever	- sore throat							
- dry cough	- headache							
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How to Self-Isolate

- Do not go outside your home for any reason while you have COVID-19 (unless your doctor tells you to go to the hospital)
- If possible, stay in your own room and, if possible use a separate bathroom
- Wear a mask at all times
- Use your own eating utensils and don't let anyone else touch them
- If you do have a room that you can stay in, make sure you can keep the windows open so there is always fresh air
- Practice the skills learned in Units on Stay Home and Physical Distance

NB: There are two symptoms that are considered URGENT

- pain or pressure in your chest, like there's a heavy weight on your chest
- gasping for air

What should you do if you have any of these URGENT symptoms?

- Call your doctor,
- Your doctor will likely tell you to call 911
- If you do not have a doctor, call 911 and tell them you may have COVID-19
- The doctor or 911 will probably say you have to go to the hospital, but stay home until you are told what to do.

PAIR WORK: Have them spend 5 minutes talking about how they could self-isolate in their own home if one of them develops the symptoms of COVID-19

Go around the room and have them describe what they would do

Step 3 Cool Down (10 minutes)

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

- What are the symptoms of COVID-19
- What should you do if you think you have the symptoms
- How should you self-isolate
- What symptoms are URGENT
- What should you do if you have URGENT symptoms?