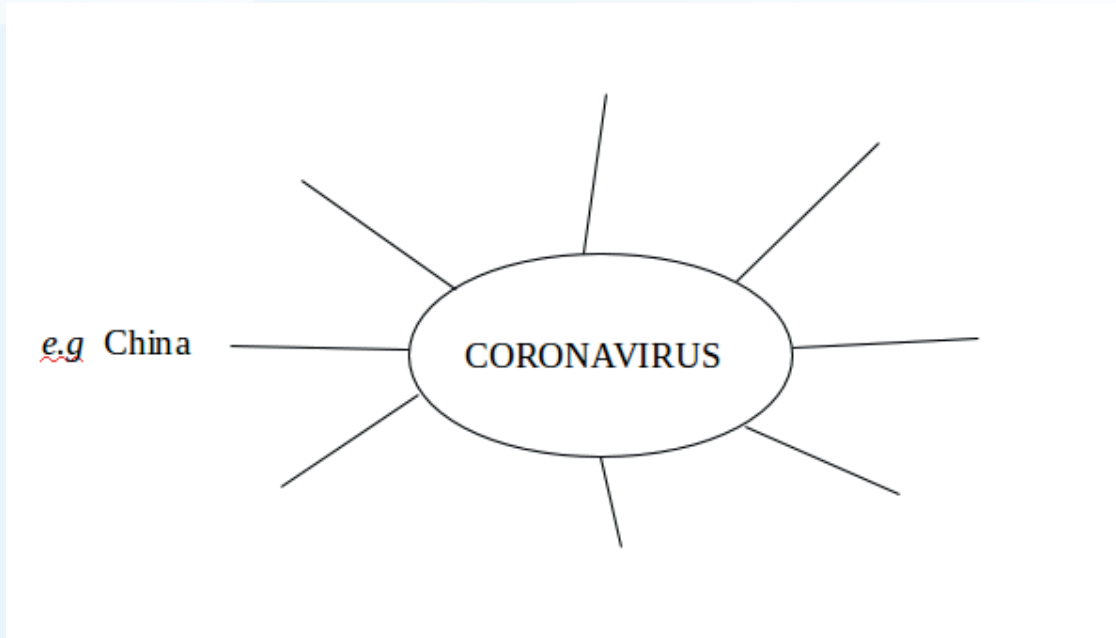# Coronavirus Prevention (Worksheet)

Activity 1

Look at the word below. Work with your partner. Take turns to write down your associations.

Activity 2

Look at the ideas of how to prevent COVID-19 below. Discuss them with a partner and decide if they are good or not and why.

1. If you want to check if you get the virus or not, hold your breath for 10-20 seconds. No difficulty means no illness.
2. Avoid touching your eyes, nose and mouth.
3. If you want to cough or sneeze but don't have a tissue, do it into your sleeve at your elbow.
4. Avoid physical contact when greeting.
5. The virus can survive on surfaces for up to a month, so be extra careful about touching things.
6. Practise social distancing.
7. Avoid close contact with people who are unwell.
8. If you can't buy a sanitizer, a home-made one can help.

Activity 3

Watch a video about COVID-19 myths. Which ideas from the previous exercise are not reasonable? Why?

Activity 4

Now read the text taken from the World Health Organization website. Match the paragraphs with the missing headings.

Basic protective measures against the new coronavirus

A. Practice respiratory hygiene
B. Keep clean
C. Avoid physical contact when greeting
D. Seek medical care early
E. Practise social distancing

Basic protective measures against the new coronavirus
Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others by doing the following:
1. _____
Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.
2. _____
Maintain at least 1-metre distance between yourself and anyone who is coughing or sneezing. This is especially important for people who are at higher risk of getting very sick, for example, older adults and people of any age who have chronic lung or heart diseases.
Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain a virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.
3. _____
Make sure you, and the people around you, follow good breathing hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately. If you choose to wear a face mask, be sure to
cover mouth and nose and avoid touching the mask once it's on. Wear a mask if you are coughing or sneezing. If you are healthy, you only need to wear it if you are taking care of a person with suspected COVID-19 infection.
Why? Droplets spread the virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.
4. _____
Stay home if you feel unwell. The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus-producing COVID-19 disease is with a laboratory test. You cannot confirm it with the breathing exercise when you try to hold your breath for 10 seconds or more without coughing or sneezing. In fact, it can even be dangerous. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent the spread of viruses and other infections.
5. _____

To prevent COVID-19 it is safest to stick to safe greetings. Safe greetings include a wave, a nod, or a bow. Try not to shake hands or hug people during the outbreak of the virus. Wearing rubber gloves while out in public is also not effective as you can still transfer the contamination from your glove to your face, for example.
Why? If you shake hands and then touch your eyes, nose or mouth, you can get the virus as respiratory viruses can be passed this way.

Activity 5

Now find the answer the following questions:

1. What is important to remember when choosing a hand sanitizer?
2. Which people are at greater risk of getting the virus and its severe consequences?
3. What are droplets?
4. What is proper coughing and sneezing etiquette?
5. What can be unsafe to do if you want to check if you have the virus or not?
6. Why do/don't you need a mask?
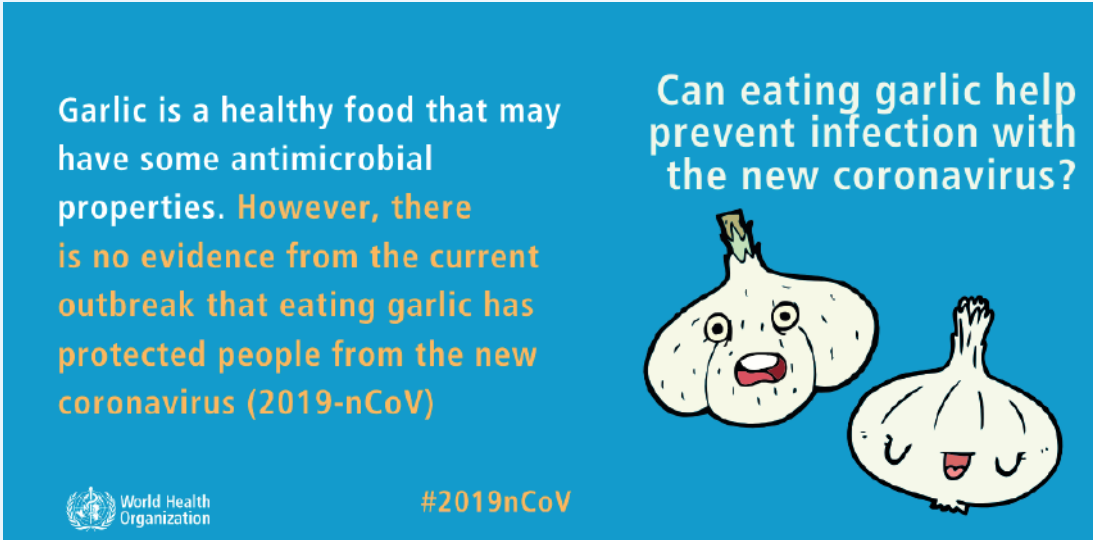7. What are the alternative ways of greeting people in times of COVID-19?

Compare your answers with your partner's.

Activity 6

Pick up a card with a question. Choose a person to ask this question.

Activity 7

Design a poster which might help to inform people about the prevention of the coronavirus.
You can draw it by hand or use any graphic software. Include some picture(s) and a couple of useful tips.
Here is an example: