Classroom Lesson – Coronovirus (COVID-19)

Objectives:

To use critical thinking skills to identify facts about coronavirus.

To demonstrate an understanding of the virus.

To identify accurate prevention methods.

To create an educational tool to teach others about the virus (video, poster, comic strip, brochure, etc.)

1. Start with a discussion question(s):

   - Have you ever had a virus? What were the symptoms? How did you keep from infecting others?

   - What things have you heard about Coronavirus in the news?

   - How do you think fear is affecting people's reaction to the virus?

   - How can we manage our feelings of anxiety about the virus?

2. Watch the 5-minute detailed video discussion of virus or simplified animated video (1 min 30 sec).

3. Hand washing is one of the most important things a person can do to prevent COVID-19. Here is a demonstration video from the Centers for Disease Control (CDC) on handwashing and a funny video produced by UCF.

Teaching Tips

* Keep information clear and simple.

* Check in with yourself and your feelings before discussing with students.

* Avoid speculation about virus and its impact when discussing with students.

* Use this as a teaching opportunity to identify high-quality health information sources and not rumors or social media. Examine one or more of these sites as a group and identify the useful information provided.

   World Health Organization

   CDC

   Florida Depart. of Health Toolkit

   Medline Plus

* Only encourage preventative recommendations endorsed by CDC.

   -Handwashing (soap preferred)

   -Social distancing

   -Cleaning common objects

   -Staying home while ill

   -Not touching face

* Invite a speaker to discuss viruses (medical provider, science teacher, public health educator, etc.)

These materials are for general educational purposes only. Any specific questions about COVID-19 should be directed to the Florida Department of Health COVID-19 Call Center at 866-779-6121 or COVID-19@flhealth.gov.

4. Play vocabulary matching with students (Words and definitions are attached to end of this document.) Distribute a vocab word or definition to each student and have them find the matching partner. Review as a group.

5. Examine the [World Health Organization Myths](#) webpage to discuss some of the misinformation that is being circulated about COVID-19.

6. **Intermediate and Higher-level Students** –Distribute the Coronavirus Disease 2019 (COVID-19) Worksheet individually or in pairs. Have students read and complete. Review answers as a group. **Beginner Level Students** – Read Understanding Coronavirus handout as a group and ask review questions verbally.

7. Ask students to think of ways they can help educate their families and communities about Coronavirus (great project-based learning opportunity!) Develop your own information sheet, poster, blog post or video to educate others.

8. Distribute and post included information sheets using your organization's main information sources, such as bulletin boards, social media, website and e-mail list.

FLORIDA LITERACY COALITION, INC.

UNDERSTANDING CORONAVIRUS
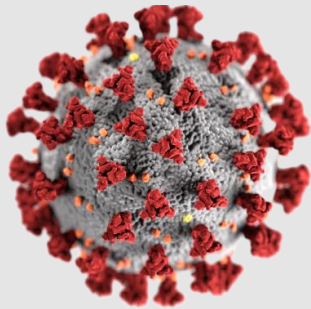
1 WHAT IS A VIRUS?

- Virus is a Latin word that means poison.
- A virus can make you feel sick.
- Colds and the flu are viruses.
- A virus can be passed from person to person.
- When a virus gets into a body cell, it takes over the cell and begins replicating (making more).

2 WHAT IS CORONAVIRUS?

- A type of virus.
- It can cause a runny nose, cough, sore throat, and fever.
- Coronavirus causes an illness called pneumonia.
  - Pneumonia is a lung (respiratory) infection.
  - It can cause the lungs to fill with fluid.
  - It can make it hard for a person to breathe.
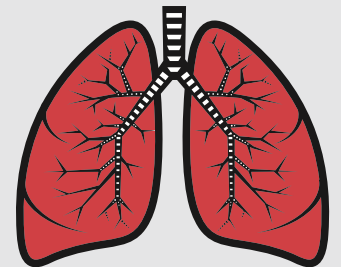
3 HOW SERIOUS IS CORONAVIRUS?

80% of cases are Mild.

- Most people with Coronavirus have a <u>MILD</u> case. Mild means not very strong.
- It is most serious for older people and those who are already sick.

4 HOW DO I STOP THE SPREAD OF VIRUSES?

- **STAY HOME IF YOU ARE SICK**
- **AVOID BEING IN LARGE GROUPS OF PEOPLE**
- **CLEAN COMMON SURFACES AT HOME AND WORK**
  - doorknobs
  - remotes
  - light switches

- **WASH YOUR HANDS** for at least 20 seconds with hot soapy water:
  - Before you eat or make food
  - After using the bathroom
  - After coughing or sneezing
  - When caring for a sick person

- **COVER YOUR NOSE + MOUTH WHEN YOU COUGH** (use your elbow and arm)

For more information, visit floridaliteracy.org

Florida Literacy Coalition, Inc.

Coronavirus Disease 2019 (COVID-19) Worksheet
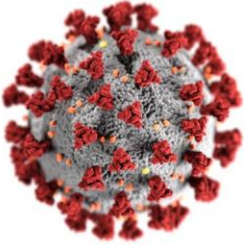
A **VIRUS** is a kind of germ that can make people sick. There are many kinds of viruses around us including the common cold.

The Coronavirus Disease 2019 is a new virus that was first found in Wuhan, China. It causes lung (respiratory) illness in people. A lung illness makes it hard to breathe and get oxygen into the body.

COVID-19 can be spread from person to person. This can happen when a person sneezes or coughs and tiny bits of liquid (respiratory droplets) come out of their mouth. If you are standing close to the person (within 6 feet), you might then breathe it in.

It might be possible to get COVID-19 by touching a hard surface or object that has the virus on it. This could happen if you touch the virus and then touch your own mouth, nose, or possibly your eyes. The virus may be able to stay on a surface for a few days.

COVID-19 can cause lung (respiratory) illness that might be mild, serious or even deadly. The symptoms usually start between 2 to 14 days after a person is infected. Symptoms include fever, cough and shortness of breath (hard to breathe). **Most people who get the virus have a mild case**. Mild means not very strong.
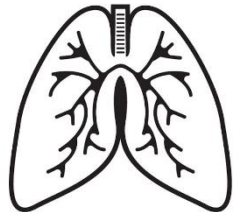
Some people who have a COVID-19 infection get **pneumonia** in both lungs. Pneumonia is a lung infection. It can cause the lungs to fill with fluid. It can make it very hard for a person to breath.

There is a test for COVID-19. There is no vaccine or specific treatment for COVID-19. Medical care can help to relieve the symptoms. The best way to prevent the virus is:

- **wash your hands regularly for at least 20 seconds;**
- stay away from large groups of people and anyone who is sick;
- **cover your nose and mouth when you sneeze or cough;**
- clean common surfaces such as door knobs, light switches and bathrooms.

CORONAVIRUS REVIEW: Answer the following questions.

1. What is part of the body is most affected by COVID-19?
   - a. Nose
   - b. Lungs
   - c. Heart
   - d. Brain

2. How does coronavirus spread from one person to another person?

   _____

   _____

3. List 3 symptoms of Coronavirus.

   _____

   _____

4. List the three ways that a virus can get into your body.

   _____

   _____

4. What is the most important thing you can do to prevent (not get) the coronavirus?

   _____

   _____

5. <u>True or False:</u> Most people who have Coronavirus have mild cases.

FLORIDA LITERACY COALITION, INC.

COVID-19
General Prevention

Protect yourself from all infectious diseases by using these precautions.

Stay home when you are sick

Avoid contact with people who are sick

Get adequate sleep and eat well-balanced meals

Wash hands often with soap and water – 20 seconds or longer

Dry hands with a clean towel or air dry your hands

Avoid touching your eyes, nose, or mouth with unwashed hands or after touching surfaces

Cover your mouth with a tissue or sleeve when coughing or sneezing

Clean and disinfect "high touch" surfaces often

Call before visiting your doctor

Clean all "high-touch" surfaces every day.

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

COVID 19
CORONAVIRUS DISEASE

STOP THE SPREAD OF GERMS

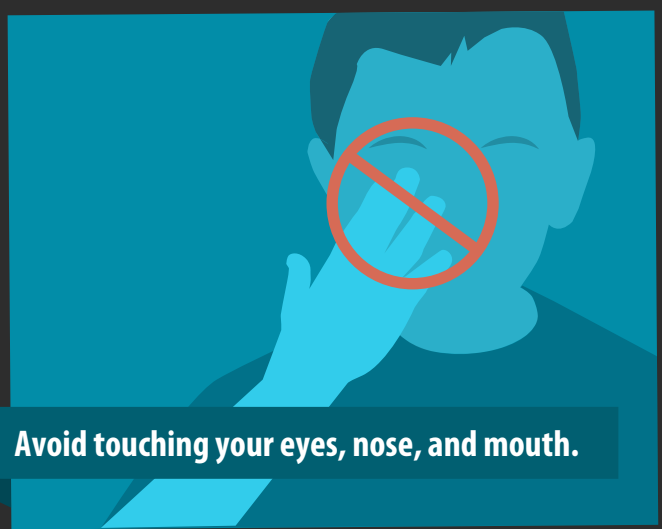Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC

For more information: www.cdc.gov/COVID19

CS314915-A

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
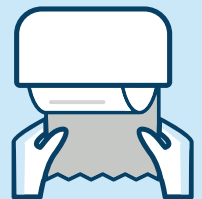
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

Rinse hands well under clean, running water.

Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH CLEAN HANDS

www.cdc.gov/handwashing

CS310027-A

Prevent COVID-19
—it's in your hands!

FloridaHealth.gov

Wash your hands often with soap and water. If you don't have soap and water, use a hand sanitizer that is at least 60% alcohol based.

Clean and disinfect frequently touched surfaces.

Stay home when you're sick, and keep your children home when they're sick.

Cover your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

Try not to touch your face with unwashed hands.

Don't touch or shake hands with people who are sick.

Florida HEALTH

¡Prevenir
ENFERMEDADES RESPIRATORIAS
—está en sus manos!

FloridaHealth.gov

Cúbrase la boca y la nariz con un pañuelo de papel cuando tosa o estornude. Si no tiene un pañuelo de papel, tosa o estornude en la parte superior de la manga o el codo, no en las manos.

Lávese las manos frecuentemente con agua y jabón. Si no tiene agua y jabón, use un desinfectante de manos con un mínimo de 60% de base de alcohol.

Intente no tocarse la cara con las manos sin lavar.

Limpie y desinfecte con frecuencia las superficies que toca.

No toque a personas enfermas ni se dé la mano con ellas.

Quédese en su casa cuando esté enfermo y haga lo mismo con sus hijos cuando estén enfermos.

Florida
HEALTH

Anpeche
MALADI RESPIRATWA
—li nan men ou!

FloridaHealth.gov

SOAP

Lave men ou souvan avèk savon ak dlo. Si ou pa gen savon ak dlo, sèvi ak yon dezenfektan pou men abaz alkòl 60% omwen.

Netwaye ak dezenfekte sifas moun manyen souvan yo.

Rete lakay ou lè ou malad, epi kenbe timoun ou lakay ou lè yo malad.

Kouvri nen ou ak bouch ou avèk yon klinèks lè ou ap touse oswa etènye. Si ou pa gen yon klinèks, touse oswa etènye nan anlè manch rad ou oswa nan koudbra ou, pa fè li nan men ou.

Eseye pa touche figi ou ak men ou ki pa lave.

Pa touche moun ki malad ni pa ba yo lanmen.

Florida
HEALTH

Common Vocabulary Words

Illness

Infection

Virus

Coronavirus

COVID-19

Symptoms

Fever

Cough

Shortness of Breath

Fever

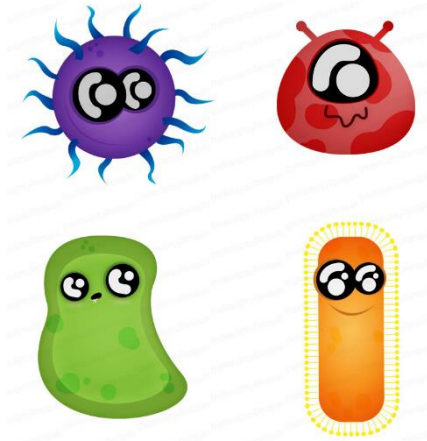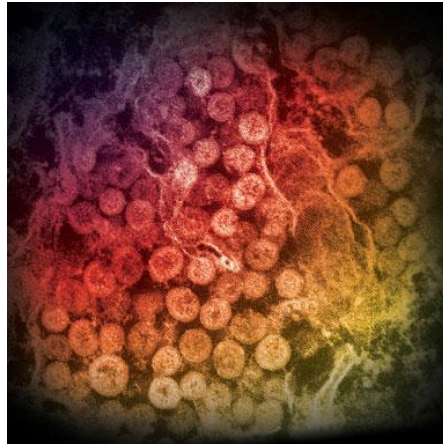Pneumonia

Mild

Prevent

Social Distancing

illness

Being sick or unwell

infection

An illness caused by germs in the body (virus, bacteria, parasites)
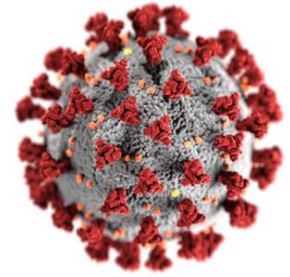
virus

A germ that can make people sick.

coronavirus

A family of viruses that cause illness. They are passed from animals to people (zoonotic).

May cause fever, cough, shortness of breath and lung problems.

COVID-19

COVID is short
for **co**rona**vi**rus **d**isease.

The number 19 refers to the fact
that the disease was first
detected in 2019.

symptoms

Something that shows you have an illness.

cough

COUGH

the body's way of cleaning out our lungs
(*mucus, foreign particles, germs*)

shortness of breath

SHORTNESS OF BREATH

The feeling that you can't get enough air.
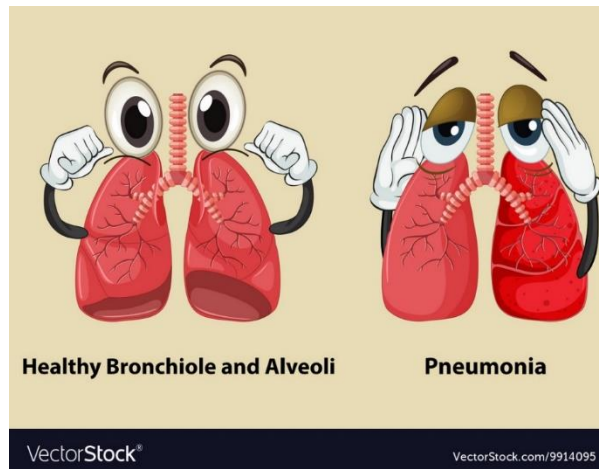
fever

FEVER

An increase in the temperature of the body to 100.4 degrees or higher.

A sign that the body is fighting against a germ or other threat.

pneumonia

A lung condition caused by an infection.

Healthy Bronchiole and Alveoli   Pneumonia

mild

Not very strong or serious.

prevent

to avoid or stop
from happening

social distancing

To keep space between you and other people.