

## OUR HOUSE RULES TO KEEP COVID19 AWAY (ALL AGES)

### Ages 4 to 7 (Level 1)

<b>Description:</b>	In this project, we will decide on our house rules to keep Covid19 away from our house and family.
<b>Leading question:</b>	What set of rules does our family need during this staying at home period?
<b>Age group:</b>	4 to 6 years old
<b>Subjects:</b>	General science
<b>Total time required:</b>	~5 hours over 3 days
<b>Self-guided / Supervised activity:</b>	Mostly parent supervised
<b>Resources required:</b>	Paper and pencil. (Optional: Coloring pens). Two bowls, black pepper and soap

Day	Time	Activity and Description
1	5 minutes	Parents ask their children what they know about Covid 19, and rectify their knowledge with suggested answers below.  Main questions: What is Covid19? Can you die from Covid19? Why do some people wear masks?
	10 minutes	Parents ask the learners: what is Covid19? Learners are given a chance to answer. Parents correct their info. Below is a suggested answer: Covid19 ( <b>C</b> orona <b>V</b> irus <b>D</b> isease <b>2019</b> ) is “a kind of germ that can make people feel sick. Remember how the flu made (you/your classmate/anyone your child knows) feel? It can be a lot like getting the flu. Some people feel just a little bit sick. Some people get a fever and a cough. Sometimes, the cough can make it hard to breathe easily.” (source: <a href="https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111">https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111</a> )  - The learner describes how s/he felt when they caught a flu. Probing questions: <ul style="list-style-type: none"> <li>- How did your body feel?</li> <li>- What parts of your body hurt most?</li> <li>- Did your body feel more hot or cold?</li> <li>- Were you able to breathe properly?</li> </ul>



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	<p>5 minutes</p> <p>30 minutes</p>	<ul style="list-style-type: none"> <li>- How many days were you sick for?</li> <li>- Did you want to eat during that time?</li> </ul> <p>(Parents just add that Covid19 is similar to a flu, but sometimes feels harder to breathe than in a flu)</p> <p>- Why do people wear masks?</p> <p><b>Suggested answers:</b>          “Masks are for people who are sick to wear so that they don’t share germs. The masks also are for medical staff, like doctors and nurses, to wear so they can help people who have the virus. You do not need to wear a mask.”</p> <p>- How can people catch Covid19? What Healthy behaviors should we practice?</p> <p>(Ask learners for their answers first)          Now I want you to recall when you got a flu, was there any classmate or a family member who was sick before you? Or probably they were sick and you did not know it, and by coughing or sneezing their germs travelled from their body to your body: through your nose, eyes or mouth! Or probably you touched a surface with germs on it and then touched your face!          their germs went on the desk or any surface that you touched, and then you touched your face so the germs went inside your body.</p> <div data-bbox="423 1142 997 1409" data-label="Image"> <p><b>HOW IS CORONAVIRUS DISEASE (COVID-19) TRANSMITTED?</b></p> <p>COVID-19 is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, coughs or sneezes, or through droplets of saliva or discharge from the nose. It is important that everyone practices good respiratory hygiene. For example, sneeze or cough into a flexed elbow, or use a tissue and discard it immediately into a closed bin. It is also very important for people to wash their hands regularly with either alcohol based hand rub or soap and water.</p> </div> <p>What should sick people do?          How should they cough or sneeze?          (Learners try to give answers first)          “Sneezes and coughs can send germs into the air. When the germs go into the air, they can travel for up to six feet (two metres)- further than you are tall. That’s why it’s important to stand six feet apart from people other than your family. You don’t want to breathe in air with germs.</p>
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	45 minutes	<p>A healthy person also might get germs on their hands. This might happen by touching someone who is sick, or touching surfaces where germs landed because someone sick sneezed or coughed or touched those surfaces. To keep germs on hands from getting inside the body, wash your hands with soap and water or use hand sanitizer afterward. Try not to touch your mouth, eyes, or inside your nose because those are places where the germs can get inside the body.</p> <p>Kids and grownups can try their best to stay healthy by practicing these healthy behaviors:</p> <ul style="list-style-type: none"> <li>• Sneeze or cough into tissues (and throw them away) or sneeze or cough into your elbow. This helps keep germs from traveling and making other people sick.</li> <li>• Wash your hands with soap and water at the same times you usually do, like after going to the bathroom, before eating, and after blowing your nose. When you wash your hands, remember to count slowly to 20. (Parents can help by singing the ABCs or “Happy Birthday” with their children the number of times it takes for 20 seconds to pass. This helps children remember to wash for a sufficient amount of time.)</li> <li>• Try to keep your hands out of your mouth, eyes, and nose.”</li> </ul> <p>Activity: Demonstrate how you can estimate a two-meter distance from another person.</p> <p>Prepare a presentation about:</p> <ul style="list-style-type: none"> <li>- What is Covid19?</li> <li>- How can people get sick?</li> <li>- What should a sick person do?</li> <li>- What should we do to avoid getting sick?</li> </ul> <p>Criteria:</p> <ul style="list-style-type: none"> <li>- Defined Covid19 well</li> <li>- Explained how people catch the germs</li> <li>- Listed recommended behaviours for coughing and sneezing</li> <li>- Washing hands for 20 seconds after bathroom, going out, or touching surfaces</li> <li>- Avoid touching the face at all when out</li> </ul> <p>Keeping 6 feet or 2 metres away from others (no hugging, kissing or shaking hands with non-family members)</p>
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2	<p>10 minutes</p> <p>15 minutes</p> <p>30 minutes</p>	<p>Today we will learn more about the disease. What happens to people who get sick with Covid19?</p> <p>Most people who get the virus recover from it. It just may take longer than the flu. “Doctors are working really hard to keep an eye on anyone who is feeling sick. They want to make sure everyone gets the help they need and to keep the virus from spreading. What is important is that you keep doing what you love to do and not let worries about the virus boss you around. If you’re doing what you love while practicing healthy behaviors like sneezing into your elbow and washing your hands after you go to the bathroom, then you’re showing the virus and the worries who is boss instead!”</p> <p>Activity to demonstrate how hand washing removes germs off our hands.</p> <div style="display: flex; justify-content: space-around; align-items: flex-start;"> <div data-bbox="423 867 659 1005">  <p>Bowl with Black Pepper</p> </div> <div data-bbox="732 884 943 1005">  <p>Bowl with Soap</p> </div> </div> <ul style="list-style-type: none"> <li>- Fill a bowl with water and add some black pepper to it</li> <li>- Put a little bit of liquid soap or diluted bar soap in another bowl</li> <li>- Learners will insert their finger in the black pepper water and swirl it and take it out to see how the black pepper like virus germs get stuck to their finger</li> <li>- Learners will now insert their finger in the liquid soap and reinsert it in black pepper</li> <li>- Learners will see how the black pepper in the bowl moves away when their finger covered with soap is reinserted.</li> </ul> <p>Ask learners to share about what they have observed and the power of washing hands.</p> <p><b>Conclusion: The black pepper bowl is like when our hands are covered with germs. Washing them well with soap and water will remove all germs and pathogens.</b> (see <a href="#">Handwashing tutorial</a> in the appendix)</p> <p>Today we want to make a plan of how to protect our family from Covid19.</p>
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	10 minutes	In order to protect our family, we need you to think of prepare a list of actions that we need to take in each of the following scenarios. <ul style="list-style-type: none"> <li>o Going out to buy groceries</li> </ul> (learners may get insights from the <a href="#">Useful Info graphs</a> appendix)
	20 minutes	Learners present.  Main recommendations: <ul style="list-style-type: none"> <li>- Write a shopping list before you go. Get stuff for 1 or 2 weeks</li> <li>- Only one adult goes (less people at the supermarket is better)</li> <li>- Don't touch what you are not going to buy</li> <li>- Keep a distance from people</li> <li>- Never shake hands, hug or kiss anyone from outside the family</li> <li>- Never touch your face</li> </ul>
	10 minutes	What should we do once back to the house from outside? Think and then present to us (learners may get insights from the <a href="#">Useful Info graphs</a> appendix)
		Learners present  Criteria: <ul style="list-style-type: none"> <li>- Once back to the house take off the shoes at the entrance</li> <li>- Wash your hands with soap and water for 20 seconds</li> </ul> Dispose all external bags, and wash/disinfect all the groceries
3	10 minutes	Today we want you to be creative and design our Rule sheets, that our family members can use as the set of rules for Covid19. Parents discuss with learners their ideas. Suggestions: <ul style="list-style-type: none"> <li>- Draw the rules to follow when going out</li> <li>- What to do after coming back</li> <li>- Hand washing tutorial</li> </ul>
	30 minutes	Learners work on the <b>Rules for Going out</b> A suggested format:

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		Rule	Champion	Violation punishment or fine
	30 minutes	For every rule, there must be a Champion to observe and ensure it is being followed. Otherwise, a suggested punishment or fine must be paid by anyone breaking that rule.		
	10 minutes	Learners work on: <b>Rules for After coming back home from outside</b>		
	15 minutes	Learners showcase their Rule sheets to parents. Criteria: <ul style="list-style-type: none"> <li>- The sheet includes all necessary information</li> <li>- Rules cover all possible sources of infection</li> <li>- Violations punishment or fines are fair and ensure the rule will not be broken (again)</li> </ul> Rules table is clear and appealing		
	30 minutes	Parents give feedback and add suggestions for improvement to reach a consensus on the rules amongst all family members. <ul style="list-style-type: none"> <li>- What parents loved about the rules</li> <li>- What they think can be improved</li> </ul> (Parents may help learners in this age group)		
		Learners demonstrate proper handwashing to their parents (see <a href="#">Handwashing tutorial</a> in the appendix)		
Assessment Criteria:		Checklist criteria for presentations and rules are shared respectively.		

Learning outcomes:	- Define Covid19, its symptoms, and how to avoid it Develop communication skills
Required previous learning:	None
Inspiration:	Harvard Health Publishing- <a href="#">How to talk to children about the coronavirus</a> NASP- <a href="#">Helping Children Cope With Changes Resulting From COVID-19</a>

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	<p>Qatar's Ministry of Public Health  <a href="https://www.moph.gov.qa/english/Pages/Educational-Materials.aspx">https://www.moph.gov.qa/english/Pages/Educational-Materials.aspx</a></p>
Additional enrichment activities:	<p>Learners make copies of the rules and place them around the house.            If internet was available, learners can share the set of rules with cousins and friends to consider within their families.</p>

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## HANDWASHING TUTORIAL

Spend at least 20 second rubbing your hands (images 2 to 7 below)



Wet hands with water



apply enough soap to cover all hand surfaces.



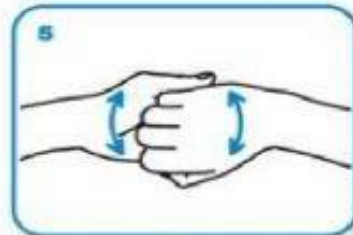
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



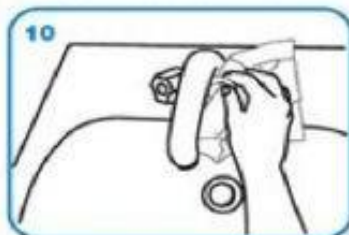
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



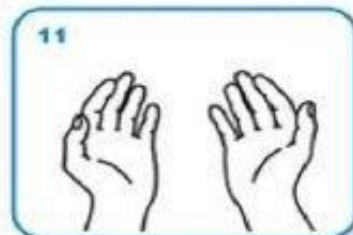
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet




...and your hands are safe.

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## USEFUL INFO GRAPHS

### HOW IS CORONAVIRUS DISEASE (COVID-19) TRANSMITTED?




COVID-19 is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, **coughs or sneezes**, or through **droplets of saliva or discharge from the nose**. It is important that everyone practices good respiratory hygiene. For example, **sneeze or cough into a flexed elbow, or use a tissue and discard it immediately into a closed bin**. It is also very important for people to **wash their hands regularly** with either alcohol-based hand rub or soap and water.



For more info. on novel coronavirus (COVID-19) visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000

### SHOULD I WEAR A MASK IN PUBLIC TO PROTECT MYSELF FROM CORONAVIRUS DISEASE (COVID-19)?






Wearing a medical mask can help limit the spread of some respiratory diseases. However, the Ministry of Public Health does not currently advise people to wear a mask to reduce their risk of COVID-19. A facemask should only be worn if a healthcare professional recommends it. **A facemask should be used by people who have been exposed to COVID-19 and are showing symptoms of the virus. This is to protect others from the risk of getting infected.**




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## PROTECT YOURSELF FROM THE CORONAVIRUS DISEASE-2019 (COVID-19)

**Stay at home and only go out when necessary, this also includes your household workers**




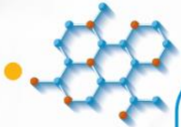
<p>Explain to your household workers the precautionary measures to take, and to avoid being in contact with workers outside your home</p> 	<p>Avoid social gatherings</p> 
<p>Keep at least a 2-meter distance between yourself and others</p> 	<p>Avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing</p> 
<p>Make sure you wash your hands with soap and water. If soap and water are not available, disinfect your hands with alcohol-based hand sanitizer</p> 	<p>Avoid touching your nose, mouth, and eyes</p> 
<p><b>When coughing or sneezing:</b></p> <ul style="list-style-type: none"> <li>• Cover your nose and mouth with a clean napkin, make sure to throw the used napkin in a closed trash bin immediately and wash your hands directly afterwards</li> <li>• If a napkin is not available, make sure you use the upper part of your arm</li> </ul> 	<p>If you are showing symptoms such as coughing, sneezing, or fever;</p> <ul style="list-style-type: none"> <li>• Use a face mask</li> <li>• Avoid close contact with others</li> <li>• Increase fluid intake, and take fever lowering medications when necessary</li> <li>• If your symptoms become worse, contact our call center immediately: 16000</li> </ul> 

**For Further Information, Contact Our Call Center: 16000**

[www.moph.gov.qa](http://www.moph.gov.qa)
[/MOPHQA](https://www.facebook.com/MOPHQA)
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## WHAT IS CORONAVIRUS DISEASE (COVID-19)?


**COVID-19 is a new strain of coronavirus** that was first identified in Wuhan, Hebei Province, China. The majority of cases have been reported in China, with a cluster of cases also reported in other countries.

According to the updated clinical and epidemiological features of the emerging virus, **COVID-19 is likely to have originated in animals, and the transmission from person to person has been reported.** People with COVID-19 experience course of illness that generally range from mild to moderate symptoms. Severe symptoms and complications, or even death, may occur in people who suffer chronic diseases and lowered immunity.



For more info. on novel coronavirus (COVID-19) visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000

## WHAT TREATMENT IS GIVEN TO PATIENTS WITH CORONAVIRUS DISEASE (COVID-19)?




**There is no specific antiviral treatment available for patients with COVID-19.** People infected with the virus receive supportive medical care to relieve their symptoms.



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وزارة الصحة العامة  
Ministry of Public Health

دولة قطر  
State Of Qatar

وزارة الصحة العامة

## متى تغسل يديك؟ WHEN TO WASH YOUR HANDS?

بعد اللعب مع الحيوانات  
AFTER PLAYING WITH PETS

بعد العطس أو السعال  
AFTER YOU SNEEZE OR COUGH

بعد استخدام دورة المياه  
AFTER USING THE W.C.

قبل و بعد تناول الطعام  
BEFORE & AFTER EATING

بعد اللعب  
AFTER PLAYING

عند العودة للمنزل  
WHEN YOU GO BACK HOME

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## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



**1**  
Before putting on a mask, **clean hands** with alcohol-based hand rub or soap and water



**2**  
Cover mouth and nose with mask and **make sure** there are no gaps between your face and the mask



**3**  
Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



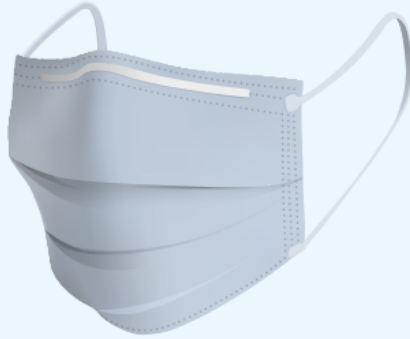
**4**  
Remove the mask from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



**5**  
Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



## WHEN TO USE A MASK



For healthy people wear a mask **only if you are taking care of a person with suspected COVID-19 infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used in **combination with frequent hand-cleaning** with alcohol-based hand rub or soap and water

If you wear a mask then you **must know how to use it and dispose of it properly**

### Ages 8 to 10 (Level 2)

<b>Description:</b>	In this project, we will decide on our house rules to keep Covid19 away from our house and family.
<b>Leading question:</b>	What set of rules does our family need during this social distancing period?
<b>Age group:</b>	8 to 10 years old
<b>Subjects:</b>	General science
<b>Total time required:</b>	5 hours over 3 days

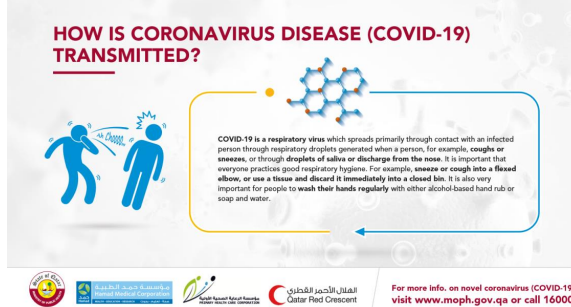
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<b>Self-guided / Supervised activity:</b>	Mostly parent supervised
<b>Resources required:</b>	Paper and pencil. (Optional: Coloring pens). Two bowls, black pepper and soap

Day	Time	Activity and Description
1	10 minutes	<p>- Parents ask their children what they know about Covid 19, and rectify their knowledge with suggested answers below.</p> <p>Main questions: What is Covid19? Can you die from Covid19? Why do some people wear masks?</p> <p>Parents ask the learners: what is Covid19? Learners are given a chance to answer. Parents correct their info. Below is a suggested answer: Covid19 (<b>Corona Virus Disease 2019</b>) is “a kind of germ that can make people feel sick. Remember how the flu made (you/your classmate/anyone your child knows) feel? It can be a lot like getting the flu. Some people feel just a little bit sick. Some people get a fever and a cough. Sometimes, the cough can make it hard to breathe easily.” (source: <a href="https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111">https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111</a>)</p>
	10 minutes	<p>- The learner describes how s/he felt when they caught a flu. Probing questions:</p> <ul style="list-style-type: none"> <li>- How did your body feel?</li> <li>- What parts of your body hurt most?</li> <li>- Did your body feel more hot or cold?</li> <li>- Were you able to breathe properly?</li> <li>- How many days were you sick for?</li> <li>- Did you want to eat during that time?</li> </ul> <p>(Parents just add that Covid19 is similar to a flu, but sometimes feels harder to breathe than in a flu)</p>
	25 minutes	<p>- How can people catch Covid19? What Healthy behaviors should we practice?</p> <p>(Ask learners for their answers first) Now I want you to recall when you got a flu, was there any classmate or a family member who was sick before you? Or probably they were sick and you did not know it, and by coughing or sneezing their germs</p>

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travelled from their body to your body: through your nose, eyes or mouth! Or probably you touched a surface with germs on it and then touched your face!  
their germs went on the desk or any surface that you touched, and then you touched your face so the germs went inside your body.



What should sick people do?

How should they cough or sneeze?

(Learners try to give answers first)

“Sneezes and coughs can send germs into the air. When the germs go into the air, they can travel for up to six feet (two metres)- further than you are tall. That’s why it’s important to stand six feet apart from people other than your family. You don’t want to breathe in air with germs.

A healthy person also might get germs on their hands. This might happen by touching someone who is sick, or touching surfaces where germs landed because someone sick sneezed or coughed or touched those surfaces. To keep germs on hands from getting inside the body, wash your hands with soap and water or use hand sanitizer afterward. Try not to touch your mouth, eyes, or inside your nose because those are places where the germs can get inside the body.

Kids and grownups can try their best to stay healthy by practicing these healthy behaviors:



- Sneeze or cough into tissues (and throw them away) or sneeze or cough into your elbow. This helps keep germs from traveling and making other people sick.
- Wash your hands with soap and water at the same times you usually do, like after going to the bathroom, before eating, and after blowing your nose. When you wash your hands, remember to count slowly to 20. (Parents can help by singing the ABCs or “Happy Birthday” with their children the number of

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	5 minutes	<p>times it takes for 20 seconds to pass. This helps children remember to wash for a sufficient amount of time.)</p> <ul style="list-style-type: none"> <li>• Try to keep your hands out of your mouth, eyes, and nose.”</li> </ul> <p>Why do people wear masks?</p> <p>Suggested answers: “Masks are for people who are sick to wear so that they don’t share germs. The masks also are for medical staff, like doctors and nurses, to wear so they can help people who have the virus. You do not need to wear a mask.”</p> <p>Activity: Demonstrate how you can estimate a two-meter distance from another person.</p> <ul style="list-style-type: none"> <li>- Activity: Demonstrate how you can estimate a two-meter distance from another person. (with the help of the parent)</li> <li>- Stand still and mark your position.</li> <li>- Take 4 normal steps</li> <li>- The parent uses measuring tape to measure (or guesstimating) the distance travelled and advises how many more steps to take</li> <li>- Repeat the above with the new suggested number of steps, until you reach 2 metres or more</li> <li>- Now ask one of your parents or siblings to stand, and you take the steps to be 2 metres or further away from them</li> <li>- Have a thorough look so you learn to visually estimate a 2 metre distance from others once needed</li> </ul>
	45 minutes	<p>Prepare a presentation about:</p> <ul style="list-style-type: none"> <li>- What is Covid19?</li> <li>- How can people get sick?</li> <li>- What should a sick person do?</li> <li>- What should we do to avoid getting sick?</li> </ul>
	10 minutes	<p>Criteria:</p> <ul style="list-style-type: none"> <li>- Defined Covid19 well</li> <li>- Explained how people catch the germs</li> <li>- Listed recommended behaviours for coughing and sneezing</li> <li>- Washing hands for 20 seconds after bathroom, going out, or touching surfaces</li> <li>- Avoid touching the face at all when out</li> </ul>

		<p>Keeping 6 feet or 2 metres away from others (no hugging, kissing or shaking hands with non-family members)</p> <p>Learners present, then parents provide them with feedback on:</p> <ul style="list-style-type: none"> <li>-What they loved about the presentation</li> <li>-What can be improved</li> <li>-Provide them with missing information mentioned in the following part</li> </ul> <p>- How can people catch Covid19? What Healthy behaviors should we practice?</p>
2	<p>10 minutes</p> <p>15 minutes</p>	<p>Today we will learn more about the disease. What happens to people who get sick with Covid19?</p> <p>Most people who get the virus recover from it. It just may take longer than the flu. “Doctors are working really hard to keep an eye on anyone who is feeling sick. They want to make sure everyone gets the help they need and to keep the virus from spreading. What is important is that you keep doing what you love to do and not let worries about the virus boss you around. If you’re doing what you love while practicing healthy behaviors like sneezing into your elbow and washing your hands after you go to the bathroom, then you’re showing the virus and the worries who is boss instead!”</p> <p>Activity to demonstrate how hand washing removes germs off our hands.</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Bowl with Black Pepper</p> </div> <div style="text-align: center;">  <p>Bowl with Soap</p> </div> </div> <ul style="list-style-type: none"> <li>- Fill a bowl with water and add some black pepper to it</li> <li>- Put a little bit of liquid soap or diluted bar soap in another bowl</li> <li>- Learners will insert their finger in the black pepper water and swirl it and take it out to see how the black pepper like virus germs get stuck to their finger</li> <li>- Learners will now insert their finger in the liquid soap and reinsert it in black pepper</li> <li>- Learners will see how the black pepper in the bowl moves away when their finger covered with soap is reinserted.</li> </ul>

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<https://forms.gle/LGAP9k17fMyJrKJN7>

	30 minutes	<p>Ask learners to share about what they have observed and the power of washing hands.</p> <p><b>Conclusion: The black pepper bowl is like when our hands are covered with germs. Washing them well with soap and water will remove all germs and pathogens.</b> (see <a href="#">Handwashing tutorial</a> in the appendix)</p>
	10 minutes	<p>Today we want to make a plan of how to protect our family from Covid19.</p> <p>In order to protect our family, we need you to think of prepare a list of actions that we need to take in each of the following scenarios.</p> <ul style="list-style-type: none"> <li>○ Going out to buy groceries</li> </ul> <p>(learners may get insights from the <a href="#">Useful Info graphs</a> appendix)</p> <p>Learners present.</p>
	20 minutes	<p>Main recommendations:</p> <ul style="list-style-type: none"> <li>- Write a shopping list before you go. Get stuff for 1 or 2 weeks</li> <li>- Only one adult goes (less people at the supermarket is better)</li> <li>- Don't touch what you are not going to buy</li> <li>- Keep a distance from people</li> <li>- Never shake hands, hug or kiss anyone from outside the family</li> <li>- Never touch your face</li> </ul>
	10 minutes	<p>What should we do once back to the house from outside? Think and then present to us (learners may get insights from the <a href="#">Useful Info graphs</a> appendix)</p> <p>Learners present</p> <p>Criteria:</p> <ul style="list-style-type: none"> <li>- Once back to the house take off the shoes at the entrance</li> <li>- Wash your hands with soap and water for 20 seconds</li> </ul> <p>Dispose all external bags, and wash/disinfect all the groceries</p>
3	10 minutes	<p>Today we want you to be creative and design one sheet of paper (can be on both sides), that a family member can use as the set of rules for Covid19.</p>

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	<p>30 minute s 30 minutes 30 minutes 10 minutes</p>	<p>Parents discuss with learners their ideas. Suggestions:  <ul style="list-style-type: none"> <li>- Draw the rules to follow when going out</li> <li>- What to do after coming back</li> <li>- Hand washing tutorial</li> </ul> (Learners may use <a href="#">Useful Info graphs</a>)</p> <p>Learners work on the Rules for Going out</p> <p>Learners work on Rules for After coming back home</p> <p>Hand washing tutorial (Learners may use <a href="#">Useful Info graphs</a>)</p> <p>Learners showcase their Rule sheets to parents. Criteria:  <ul style="list-style-type: none"> <li>- The rules include all necessary information</li> <li>- Rules look appealing and clear</li> </ul> Rules are fair and applicable</p>
<p>Assessment Criteria:</p>	<p>- Checklist criteria for presentations and rules are shared respectively.</p>	

<p>Learning outcomes:</p>	<ul style="list-style-type: none"> <li>- Define Covid19, its symptoms, and how to avoid it</li> <li>- Develop communication skills</li> </ul>
<p>Required previous learning:</p>	<p>Basic reading and writing skills.</p>
<p>Inspiration:</p>	<p>Harvard Health Publishing- <a href="#">How to talk to children about the coronavirus</a></p> <p>NASP- <a href="#">Helping Children Cope With Changes Resulting From COVID-19</a></p> <p><a href="#">Qatar's ministry of Public Health</a></p>
<p>Additional enrichment activities:</p>	<ul style="list-style-type: none"> <li>- Learners write a thank you card to a doctor or nurse they know, who is working tirelessly to help people get well during these critical times</li> <li>- Learners set a plan and divide roles on who is responsible to ensure the application of every rule</li> </ul>

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## HANDWASHING TUTORIAL

Spend at least 20 seconds rubbing your hands (images 2 to 7 below)



Wet hands with water



apply enough soap to cover all hand surfaces.



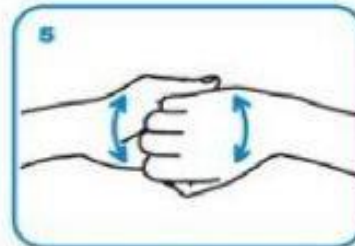
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



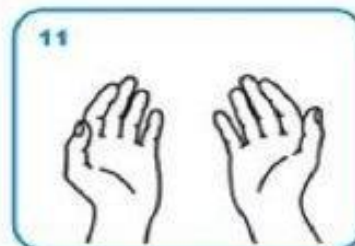
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet




...and your hands are safe.

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## USEFUL INFO GRAPHS

### HOW IS CORONAVIRUS DISEASE (COVID-19) TRANSMITTED?




COVID-19 is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, coughs or sneezes, or through droplets of saliva or discharge from the nose. It is important that everyone practices good respiratory hygiene. For example, sneeze or cough into a flexed elbow, or use a tissue and discard it immediately into a closed bin. It is also very important for people to wash their hands regularly with either alcohol-based hand rub or soap and water.



For more info. on novel coronavirus (COVID-19) visit [www.moph.gov.qa](http://www.moph.gov.qa) or call 16000

### SHOULD I WEAR A MASK IN PUBLIC TO PROTECT MYSELF FROM CORONAVIRUS DISEASE (COVID-19)?






Wearing a medical mask can help limit the spread of some respiratory diseases. However, the Ministry of Public Health does not currently advise people to wear a mask to reduce their risk of COVID-19. A facemask should only be worn if a healthcare professional recommends it. A facemask should be used by people who have been exposed to COVID-19 and are showing symptoms of the virus. This is to protect others from the risk of getting infected.




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## PROTECT YOURSELF FROM THE CORONAVIRUS DISEASE-2019 (COVID-19)

**Stay at home and only go out when necessary, this also includes your household workers**




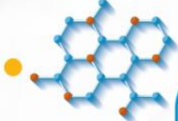
<p>Explain to your household workers the precautionary measures to take, and to avoid being in contact with workers outside your home</p> 	<p>Avoid social gatherings</p> 
<p>Keep at least a 2-meter distance between yourself and others</p> 	<p>Avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing</p> 
<p>Make sure you wash your hands with soap and water. If soap and water are not available, disinfect your hands with alcohol-based hand sanitizer</p> 	<p>Avoid touching your nose, mouth, and eyes</p> 
<p><b>When coughing or sneezing:</b></p> <ul style="list-style-type: none"> <li>• Cover your nose and mouth with a clean napkin, make sure to throw the used napkin in a closed trash bin immediately and wash your hands directly afterwards</li> <li>• If a napkin is not available, make sure you use the upper part of your arm</li> </ul> 	<p>If you are showing symptoms such as coughing, sneezing, or fever;</p> <ul style="list-style-type: none"> <li>• Use a face mask</li> <li>• Avoid close contact with others</li> <li>• Increase fluid intake, and take fever lowering medications when necessary</li> <li>• If your symptoms become worse, contact our call center immediately: 16000</li> </ul> 

**For Further Information, Contact Our Call Center: 16000**

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## WHAT TREATMENT IS GIVEN TO PATIENTS WITH CORONAVIRUS DISEASE (COVID-19)?




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وزارة الصحة العامة  
Ministry of Public Health

دولة قطر  
State Of Qatar

دولة قطر  
Ministry of Public Health

## متى تغسل يديك؟ WHEN TO WASH YOUR HANDS?

بعد اللعب مع الحيوانات  
AFTER PLAYING WITH PETS

بعد العطس أو السعال  
AFTER YOU SNEEZE OR COUGH

بعد استخدام دورة المياه  
AFTER USING THE W.C.

قبل و بعد تناول الطعام  
BEFORE & AFTER EATING

بعد اللعب  
AFTER PLAYING

عند العودة للمنزل  
WHEN YOU GO BACK HOME

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## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



**1**  
Before putting on a mask, **clean hands** with alcohol-based hand rub or soap and water



**2**  
Cover mouth and nose with mask and **make sure** there are no gaps between your face and the mask



**3**  
Avoid touching the mask while using it; if you do, **clean your hands** with alcohol-based hand rub or soap and water



**4**  
Remove the mask from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



**5**  
Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

### Ages 11 to 14 (Level 3)

<b>Description:</b>	In this project, we will decide on our house rules to keep Covid19 away from our house and family.
<b>Leading question:</b>	What rules should we introduce within our family in order to reduce the possibility of catching the COVID-19?
<b>Age group:</b>	11 to 14 years old
<b>Subjects:</b>	General science
<b>Total time required:</b>	4 ½ hours over 3 days
<b>Self-guided / Supervised activity:</b>	Mostly learner led
<b>Resources required:</b>	Paper and pencil. (Optional: Coloring pens).

Day	Time	Activity and Description
1	15 minutes	<p>All family members must be called for a serious meeting. It is preferred that they sit in a circle, giving everyone an equal voice.</p> <p>As parents are usually busy with work or other household chores, the younger family members are required to educate the family on COVID19. Parents will assign a list of questions for learners to find answers for.</p> <p>The first question, for brainstorming and discussion: What are the reliable sources of information about Covid19 disease?</p> <p>Probing questions for parent or supervisor: is WhatsApp a reliable source? What about social media? (Can someone put a formal logo on a fake document and share it via WhatsApp or SM? If yes, then we must be careful with information we receive via such channels)</p> <p>What news sources/websites should we go to in order to get reliable information on this matter?</p> <p>What are the risks of getting information from an unreliable source?</p> <p>Examples of reliable sources: Ministry of Health ( ex: <a href="https://www.moph.gov.qa/english/Pages/Coronavirus2019.aspx#">https://www.moph.gov.qa/english/Pages/Coronavirus2019.aspx#</a> )</p> <p>World Health Organization (WHO) <a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019">https://www.who.int/emergencies/diseases/novel-coronavirus-2019</a></p>

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	60 minutes	<p><a href="https://www.cdc.gov/coronavirus/2019-ncov/faq.html">https://www.cdc.gov/coronavirus/2019-ncov/faq.html</a></p> <p>Read or watch flyers or videos about information from at least 2 reliable sources.</p> <p>(if internet is not available, parents may use the information and flyers provided as paper based along with this document: <a href="#">Frequently Asked Questions 11-13</a> and <a href="#">Useful Infographs</a>. The learners are asked to read, extract information and then present it in a clear and thorough manner).</p>
	15 mins	<p>Think of how you will present this to your family. The presentation must be:</p> <ul style="list-style-type: none"> <li>- Interesting</li> <li>- Informative: includes all necessary information, yet as short as possible. <ul style="list-style-type: none"> <li>o What is Covid19</li> <li>o How can we protect ourselves and our family members from catching it</li> <li>o What to do if symptoms were suspected</li> <li>o How can we help others avoid it</li> </ul> </li> </ul> <p>Use drawings, visuals, or role play when relevant to ensure understanding</p>
2	30-45 minutes	<p>Learners work on preparing for their presentation.</p> <p>A parent reinforces that: The better the presentation, the more you are protecting our family!</p>
	15 minutes	<p>Learners present to family members</p> <p>Parents use the criteria to check what is missing, and to rate the presentation</p>
	10 minutes	<p>Questions and answers</p> <p>Parents provide feedback:</p> <ul style="list-style-type: none"> <li>- What they loved about the presentation</li> <li>- What is missing or could have been improve</li> </ul> <p>Suggestions for improvement</p>

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	10 minutes																																	
3	1 hour	<p>Today learners will work on house rules to protect family members from the Covid19 pandemic.</p> <p>Rules The plan clearly mentions who is responsible for what, and fines for violators. The below table is a suggestion, and one row is filled as an example.</p> <table border="1"> <thead> <tr> <th>Category</th> <th>Rule</th> <th>Observer</th> <th>Violation fine</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td>Back from outside</td> <td>Take off shoes at the entrance</td> <td>(name)</td> <td>Wipe the entire floor where violator stepped with proper detergent + Clean the dishes consumed in one full day.</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Category	Rule	Observer	Violation fine									Back from outside	Take off shoes at the entrance	(name)	Wipe the entire floor where violator stepped with proper detergent + Clean the dishes consumed in one full day.																
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	15 mins	<p>Present the rules and get family approval. Suggestions: the presentation can be a <u>short play</u>, or an <u>infographic</u>. Criteria:</p> <ul style="list-style-type: none"> <li>- The rules clearly cover the categories of: Going out, coming back from outside, and while in the house</li> <li>- The rules are clear</li> <li>- The rules cover all important measures</li> <li>- The rules are presented in an interesting way</li> <li>- The violation fines are reasonable and ensure the violation would not be repeated</li> </ul>																																

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15 mins	Parents provide feedback: <ul style="list-style-type: none"> <li>- What they loved about the presentation of Rules</li> <li>- What can be improved</li> <li>- Suggestions for improvement</li> <li>- Approval on the rules, or suggested adjustments</li> </ul>
5 mins	<ul style="list-style-type: none"> <li>• Learners place the rules in visible places around the house and start implementing them straight away!</li> </ul>
Assessment Criteria:	Criteria to assess presentations and rules are mentioned

Learning outcomes:	<ul style="list-style-type: none"> <li>- Define Covid19, how to avoid it, and actions to take if symptoms were suspected</li> <li>- Develop Media and Information literacy</li> </ul> Practice communication skills
Required previous learning:	Reading, writing and comprehension
Inspiration:	Harvard Health Publishing- <a href="#">How to talk to children about the coronavirus</a> NASP- <a href="#">Helping Children Cope With Changes Resulting From COVID-19</a> Qatar's Ministry of Public Health
Additional enrichment activities:	<ul style="list-style-type: none"> <li>-Learners write a thank you letter to a doctor or nurse they know</li> <li>• -Learners research food and home-based exercises that improve the immunity.</li> </ul>

## FREQUENTLY ASKED QUESTIONS 11-13

Answering questions teens may have about the new coronavirus,

source: <https://www.health.harvard.edu/blog/how-to-talk-to-teens-about-the-new-coronavirus-2020031419192>

What caused this new coronavirus?

Coronaviruses cause the common cold and the flu. This coronavirus is believed to have [started in animals](#) and then passed on to humans at a live animal market in China.

Why now?

This is actually not the first time that there has been a widespread virus that started in animals and spread to humans. Another example is the severe acute respiratory

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syndrome ([SARS](#)) outbreak in 2002 that was caused by a different coronavirus. That virus eventually was contained. Doctors, scientists, and government officials are working hard to do the same with this newest coronavirus.

One reason why we are hearing more about this virus is because of how fast it is spreading and how much it has affected people in many different countries. Another reason is that we also have many more ways of sharing information than we did in 2002, and posts now have the ability to “go viral” themselves. If you notice that you are becoming distressed after reading all of the posts about the virus, then it might be helpful to limit how much you read about the virus in the news and on sites or apps, to be informed just enough.

#### Can our pets get sick?

There is little evidence that domesticated pets, including dogs and cats at home, are likely to get sick from this new coronavirus, or [spread the virus](#).

#### Can you die from the new coronavirus?

Most people — probably more than 95% and possibly more than 99% — who have gotten sick from the new coronavirus have not died. The death rate is likely even lower than has been reported in the news because, just like with the flu, some people with mild cases of the virus may not have gone to the doctor to get tested.

#### Will my school close because of concerns regarding the new coronavirus?

Some communities may decide to temporarily close places, including schools, to give communities affected by illness caused by the virus a chance to prevent it from spreading quickly. This has happened before when some schools have had high rates of other viruses, including the norovirus. Those schools reopened later. If your school makes the decision to close temporarily, we will hear more about that.

#### Should we stay home to remain safe, so we don't catch the new coronavirus?

People who are infected with the new coronavirus are asked to stay home for about two weeks. Also, people who might have been exposed to the virus are asked to stay home for a period of time to make sure they don't develop any symptoms of the virus.

If you don't have the virus, then you should continue to do what you need and love to do. Practice the same everyday healthy habits that you would (or should) do anyway. You'll be on track if you:

- Sneeze or cough into tissues (and throw them away) or sneeze or cough into your elbow. These behaviors help keep germs from traveling and making other people sick.
- Wash your hands with soap and water after going to the bathroom, before eating, and after blowing your nose. When you wash your hands, remember to count slowly to 20.
- Try to avoid touching your mouth, eyes, and nose, which are places where the germs can enter your body.
- Try to get enough sleep and eat well to help your body stay healthy.

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## PROTECT YOURSELF FROM THE CORONAVIRUS DISEASE-2019 (COVID-19)

**Stay at home and only go out when necessary,  
this also includes your household workers**



Explain to your household workers the precautionary measures to take, and to avoid being in contact with workers outside your home



**Avoid social gatherings**

Keep at least a 2-meter distance between yourself and others



**Avoid close contact with people who show symptoms of respiratory diseases such as coughing or sneezing**

Make sure you wash your hands with soap and water. If soap and water are not available, disinfect your hands with alcohol-based hand sanitizer



**Avoid touching your nose, mouth, and eyes**

**When coughing or sneezing:**

- Cover your nose and mouth with a clean napkin, make sure to throw the used napkin in a closed trash bin immediately and wash your hands directly afterwards
- If a napkin is not available, make sure you use the upper part of your arm



**If you are showing symptoms such as coughing, sneezing, or fever;**

- Use a face mask
- Avoid close contact with others
- Increase fluid intake, and take fever lowering medications when necessary
- If your symptoms become worse, contact our call center immediately: 16000

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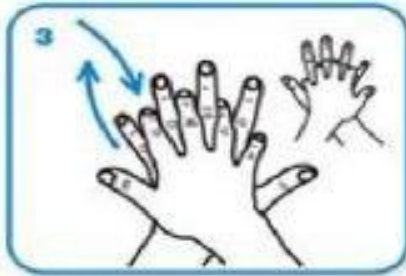
Wet hands with water



apply enough soap to cover all hand surfaces.



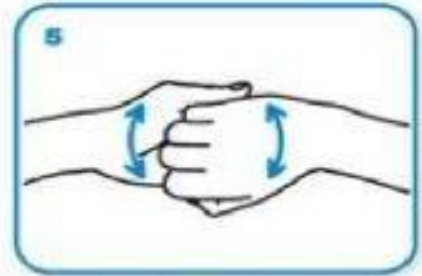
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



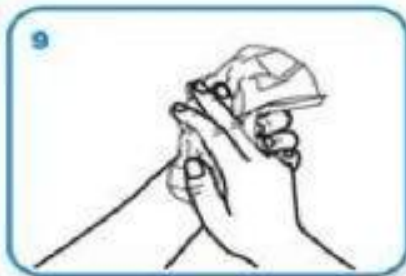
rotational rubbing of left thumb clasped in right palm and vice versa



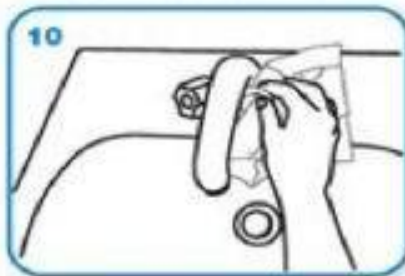
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



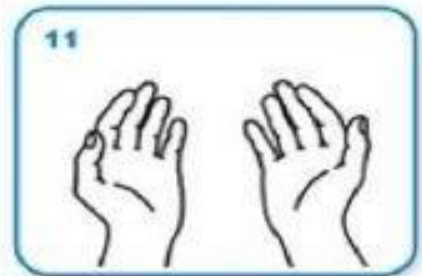
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

EW welcomes feedback on its projects in order to improve, please use this link:  
<https://forms.gle/LGAP9k17fMyJrKJN7>



## HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



**1**  
Before putting on a mask, **clean hands with alcohol-based hand rub or soap and water**



**2**  
Cover mouth and nose with mask and **make sure there are no gaps between your face and the mask**



**3**  
Avoid touching the mask while using it; if you do, **clean your hands with alcohol-based hand rub or soap and water**



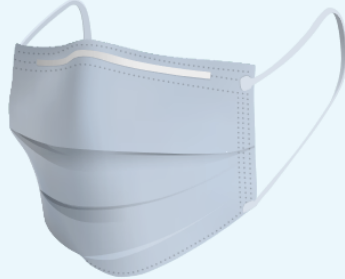
**4**  
Remove the mask from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



**5**  
Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



## WHEN TO USE A MASK



For healthy people wear a mask **only if you are taking care of a person with suspected COVID-19 infection**

Wear a mask, **if you are coughing or sneezing**

Masks are effective only when used in **combination with frequent hand-cleaning** with alcohol-based hand rub or soap and water

If you wear a mask then you **must know how to use it and dispose of it properly**

EAA welcomes feedback on its projects in order to improve, please use this link:  
<https://forms.gle/LGAP9k17fMyJrKJN7>