

OUR HOUSE RULES TO KEEP COVID19 AWAY (LEVEL 3)

Description	In this project, we will decide on our house rules to keep Covid19 away from our house and family.
Leading Question	What set of rules does our family need during this staying at home period?
Total Time Required	4 ½ hours over 3 days.
Supplies Required	Paper and pencil. (Optional: Coloring pens). Two bowls, black pepper and soap
Learning Outcomes	1. Define COVID19, its symptoms, and how to avoid it. 2. Develop communication skills.
Previous Learning	Not Applicable

DAY 1

Today you will learn about what COVID19 is and how to make sure you are maintaining healthy!

Suggested Duration	Activity and Description
15 minutes	<ul style="list-style-type: none"> All family members must be called for a serious meeting. It is preferred that they sit in a circle, giving everyone an equal voice. 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. The first question, for brainstorming and discussion: What are the reliable sources of information about Covid19 disease? 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 social media? If yes, then we must be careful with information we receive via such channels)

	<ul style="list-style-type: none"> • What news sources/websites should we go to in order to get reliable information on this matter? • What are the risks of getting information from an unreliable source? • Examples of reliable sources: Ministry of Health (ex: https://www.moph.gov.qa/english/Pages/Coronavirus2019.aspx#) • World Health Organization (WHO) https://www.who.int/emergencies/diseases/novel-coronavirus-2019 https://www.cdc.gov/coronavirus/2019-ncov/faq.html
60 minutes	<ul style="list-style-type: none"> • Read or watch flyers or videos about information from at least 2 reliable sources. • (if internet is not available, parents may use the information and flyers provided as paper based along with this document: Frequently Asked Questions 11-13 and Useful Infographs. The learners are asked to read, extract information and then present it in a clear and thorough manner).
15 minutes	<ul style="list-style-type: none"> • Think of how you will present this to your family. The presentation must be: Interesting Informative: includes all necessary information, yet as short as possible. What is Covid19 How can we protect ourselves and our family members from catching it What to do if symptoms were suspected How can we help others avoid it Use drawings, visuals, or role play when relevant to ensure understanding

DAY 2

Today you will understand COVID19 a little better through an activity and presentations.

Suggested Duration	Activity and Description
30-45 minutes	<ul style="list-style-type: none"> • Learners work on preparing for their presentation. <p>A parent reinforces that: The better the presentation, the more you are protecting our family!</p>
15 minutes	<ul style="list-style-type: none"> • Learners work on preparing for their presentation. • A parent reinforces that: the better the presentation, the more you are protecting our family.
10 minutes	<ul style="list-style-type: none"> • Learners present to family members

	<ul style="list-style-type: none"> Parents use the criteria to check what is missing, and to rate the presentation
10 minutes	<ul style="list-style-type: none"> Questions and answers
10 minutes	<ul style="list-style-type: none"> Parents provide feedback: <ul style="list-style-type: none"> What they loved about the presentation What is missing or could have been improve Suggestions for improvement
10 minutes	<ul style="list-style-type: none"> Learners present Criteria: <ul style="list-style-type: none"> Once back to the house take off the shoes at the entrance Wash your hands with soap and water for 20 seconds Dispose all external bags, and wash/disinfect all the groceries

DAY 3

Today you will continue learning about how to protect our family from Covid19!

Suggested Duration	Activity and Description								
60 minutes	<ul style="list-style-type: none"> Today learners will work on house rules to protect family members from the Covid19 pandemic. 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. <table border="1"> <thead> <tr> <th>Category</th> <th>Rule</th> <th>Observer</th> <th>Violation fine</th> </tr> </thead> <tbody> <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> </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.
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.						
15 minutes	<ul style="list-style-type: none"> Present the rules and get family approval. Suggestions: the presentation can be a short play, or an infographic. Criteria: <ul style="list-style-type: none"> The rules clearly cover the categories of: Going out, coming back from outside, and while in the house The rules are clear The rules cover all important measures 								

	<ul style="list-style-type: none"> The rules are presented in an interesting way The violation fines are reasonable and ensure the violation would not be repeated
15 minutes	<ul style="list-style-type: none"> Parents provide feedback: <ul style="list-style-type: none"> What they loved about the presentation of Rules What can be improved Suggestions for improvement Approval on the rules, or suggested adjustments
15 minutes	<ul style="list-style-type: none"> Learners place the rules in visible places around the house and start implementing them straight away!

ASSESSMENT CRITERIA

- Checklist criteria for presentations and rules are shared respectively.

ADDITIONAL ENRICHMENT ACTIVITIES

- Learners write a Thank You Card to a doctor or nurse they know who is helping people with Covid19.
- Learners make copies of the rules and place them around the house.
- If the internet is available, learners can share the set of rules with cousins and friends to consider within their families

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](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 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.

HANDWASHING TUTORIAL

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



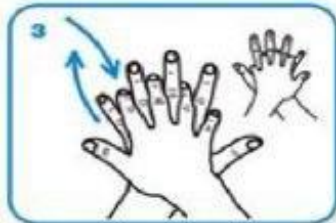
Wet hands with water



apply enough soap to cover all hand surfaces.



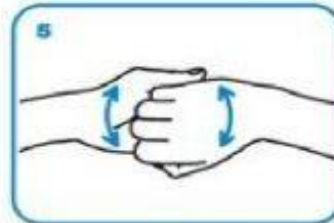
Rub hands palm to palm



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



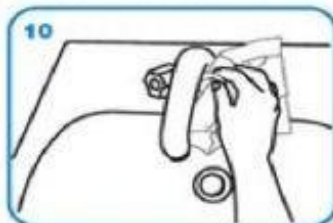
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



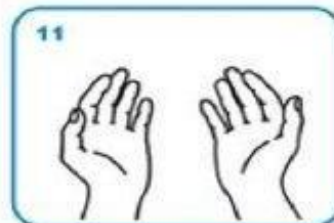
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

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 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.**



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



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

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



WHAT IS CORONAVIRUS DISEASE (COVID-19)?



COVID-19 is a new strain of coronavirus that was first identified in Wuhan, Hubei 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 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.



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



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





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**



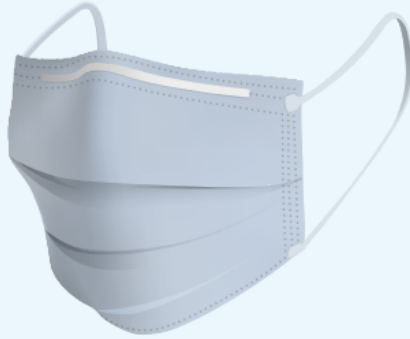
4
Remove the mask from behind (do not touch the front of the mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



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**