

## OUR HOUSE RULES TO KEEP COVID19 AWAY (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>Total Time Required</b>	5 ½ hours over 3 days.
<b>Supplies Required</b>	Paper and pencil. (Optional: Coloring pens). Two bowls, black pepper and soap
<b>Learning Outcomes</b>	<ol style="list-style-type: none"> <li>1. Define COVID19, its symptoms, and how to avoid it.</li> <li>2. Develop communication skills.</li> </ol>

### DAY 1

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

<b>Suggested Duration</b>	<b>Activity and Description</b>
<b>5 minutes</b>	<ul style="list-style-type: none"> <li>• Parents ask the learner what they know about Covid 19, and rectify their knowledge with suggested answers below. Main questions will be: What is Covid19? What happens if you get sick with Covid19? Why do some people wear masks?</li> <li>• Parents ask the learners: what is Covid19?</li> </ul> <p>Learners are given a chance to answer. Parents correct their info. Below is a suggested answer: Covid19 (Corona Virus Disease 2019) 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.”</p> <p>(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>
<b>10 minutes</b>	<ul style="list-style-type: none"> <li>• Learner describes how he or she felt when they caught the flu:</li> </ul>

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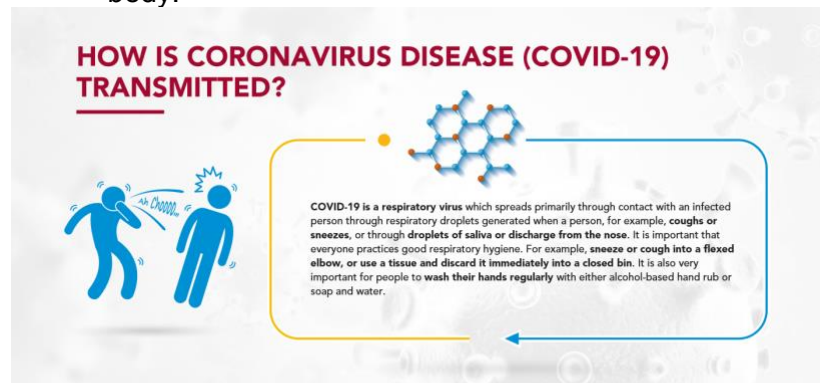
- o How did your body feel?
- o What parts of your body hurt most?
- o Did your body feel hot or cold?
- o Were you able to breathe properly?
- o Did you want to eat during that time?
- o How many days were you sick for?
- Parents just add that COVID19 is similar to a flu, but sometimes harder to breathe than the flu.

5 - 10  
minutes

- Why do people wear masks?  
Suggested answer:  
“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.”

25 minutes

- How can people catch Covid19? What Healthy behaviors should we practice?  
(Ask learners for their answers first)
- Now I want you to recall when you got the 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.



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

- 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

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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 times it takes for 20 seconds to pass. This helps children remember to wash for a sufficient amount of time.)
- Try to keep your hands out of your mouth, eyes, and nose whenever they are not washed."

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**10 minutes**

- Activity: Demonstrate how you can estimate a two-meter distance from another person. (with the help of the parent)
  - Stand still and mark your position.
  - Take 4 normal steps
  - The parent uses measuring tape to measure (or guesstimating) the distance travelled and advises how many more steps to take
  - Repeat the above with the new suggested number of steps, until you reach 2 metres or more
  - Now ask one of your parents or siblings to stand, and you take the steps to be 2 metres or further away from them
- Have a thorough look so you learn to visually estimate a 2 metre distance from others once needed

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**45 minutes**

- Prepare a presentation about:
  - What is Covid19?
  - How can people get sick?
  - What should a sick person do?
  - What should we do to avoid getting sick?

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	<ul style="list-style-type: none"> <li>Criteria:           <ul style="list-style-type: none"> <li>Defined Covid19 well</li> <li>Explained how people catch the germs</li> <li>Listed recommended behaviors 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> <li>Keeping 6 feet or 2 metres away from others (no hugging, kissing or shaking hands with non-family members)</li> </ul> </li> </ul>
<b>10 minutes</b>	<ul style="list-style-type: none"> <li>Learners present, then parents provide them with feedback on:           <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 that was previously mentioned</li> </ul> </li> </ul>

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## DAY 2

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

<b>Suggested Duration</b>	<b>Activity and Description</b>
<b>10 minutes</b>	<ul style="list-style-type: none"> <li>What happens to people who get sick with COVID19? Most people who get the virus recover from it. It just may take longer than the flu.</li> </ul> <p>“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.</p> <p>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 of who is boss instead!”</p>
<b>15 minutes</b>	<ul style="list-style-type: none"> <li>Activity to demonstrate how hand washing removes germs off our hands.</li> </ul>

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Bowl with Black Pepper



Bowl with Soap

- Fill a bowl with water and add some black pepper to it
- Put a little bit of liquid soap or diluted bar soap in another bowl
- 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
- Learners will now insert their finger in the liquid soap and reinsert it in black pepper
- Learners will see how the black pepper in the bowl moves away when their finger covered with soap is reinserted.
- Ask learners to share about what they have observed and the power of washing hands.
- 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.
- (see [Handwashing tutorial](#) in the appendix)

**30 minutes**

- Today we want to make a plan of how to protect our family from Covid19.
- In order to protect our family, we need you to think of and prepare a list of actions that we need to take in each of the following scenarios.
  - Going out to buy groceries
- (learners may get insights from the [Useful Info graphs](#) appendix)

**10 minutes**

Learners present.

Main recommendations:

- Write a shopping list before you go. Get stuff for 1 or 2 weeks
- Only one adult goes (less people at the supermarket is better)
- Don't touch what you are not going to buy
- Keep a distance from people
- Never shake hands, hug or kiss anyone from outside the family
- Never touch your face

**20 minutes**

What should we do once back to the house from outside?

Present to the family.

- Criteria:

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

- (learners may get insights from the [Useful Info graphs](#) appendix)

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**10 minutes**

- Learners present
- Criteria:

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**

**10 minutes**

- Today we want you to be creative and design our Rule sheets for our family members to follow during the Covid19 social distancing period.
- Parents discuss with learners their ideas.
- Suggestions:
  - Draw the rules to follow when going out
  - What to do after coming back
  - Hand washing tutorial

**30 minutes**

- Learners work on the Rules for Going out
- A suggested format:

Rule	Champion	Violation punishment or fine

- 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.

**30 minutes**

- Learners work on: Rules for After coming back home from outside

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<b>10 minutes</b>	<ul style="list-style-type: none"> <li>• Learners showcase their Rule sheets to parents.</li> <li>• 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> </li> <li>• Rules table is clear and appealing</li> </ul>
<b>15 minutes</b>	<ul style="list-style-type: none"> <li>• 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> </li> <li>• (Parents may help learners in this age group)</li> </ul>
<b>30 minutes</b>	<ul style="list-style-type: none"> <li>• Learners demonstrate proper hand washing to their parents (see <a href="#">Handwashing tutorial</a> in the appendix)</li> </ul>

## ASSESSMENT CRITERIA

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- Checklist criteria for presentations and rules are shared respectively.

## ADDITIONAL ENRICHMENT ACTIVITIES

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- 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

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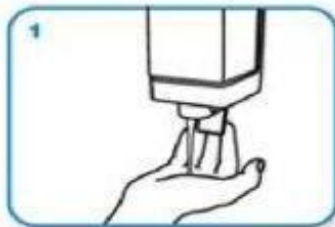


## HANDWASHING TUTORIAL

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.



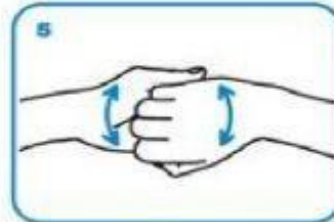
Rub hands palm to palm



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



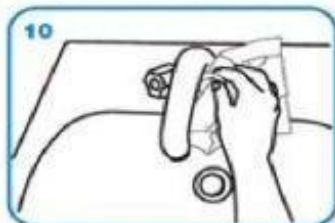
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



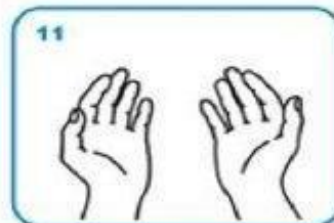
Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.


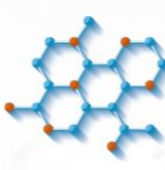
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## USEFUL INFO GRAPHS

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


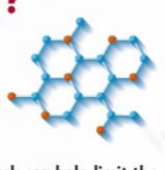



COVID-19 is a respiratory virus which spreads primarily through contact with an infected person through respiratory droplets generated when a person, for example, **coughs or sneezes**, or through **droplets of saliva or discharge from the nose**. It is important that everyone practices good respiratory 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.



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### 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**



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**



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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.



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## 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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## 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

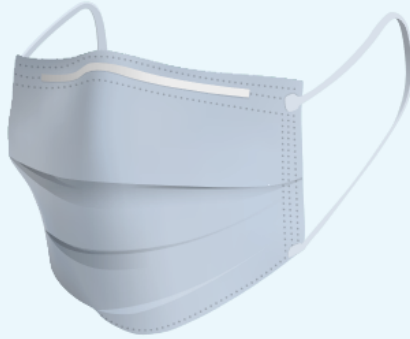


5  
Replace the mask with a **new one** as soon as it is damp and do not re-use single-use masks

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## 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**

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