

#### **Coronavirus: Covid-19 outbreak**

Full lesson plan from redcross.org.uk/education



**Definitions activity: what is coronavirus?** 



A large family of viruses

Getting unnecessarily large amounts of a product

Staying indoors, avoiding contact with other people

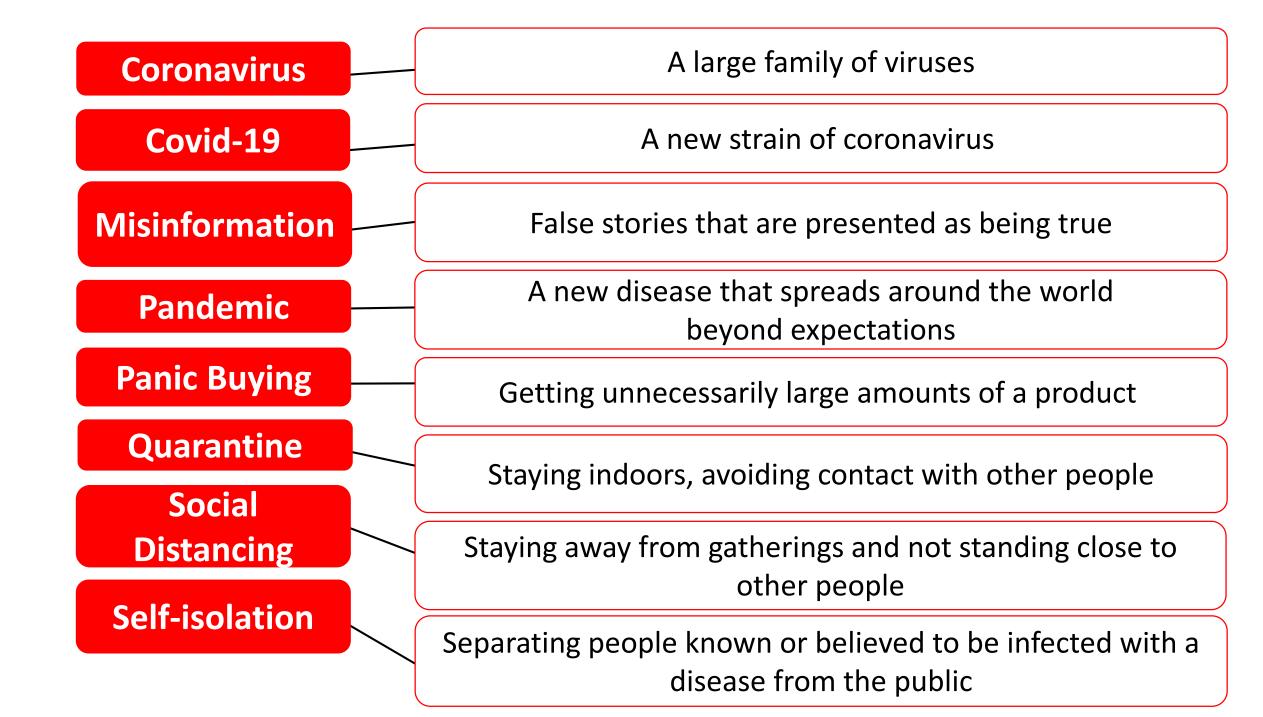
Separating people known or believed to be infected with a disease from the public

False stories that are presented as being true

A new strain of coronavirus

Staying away from gatherings and not standing close to other people

A new disease that spreads around the world beyond expectations







#### COVID-19: 3 ways to help protect yourself and your loved ones



#### **LEARN**



Be aware that not everything you hear about coronavirus may be true

information from trusted sources, like your health authority, World Health Organisation (WHO) or your local Red Cross or Red Crescent

Stay updated and use

#### ACT



Wash your hands often and avoid touching your face

Avoid handshakes and close contact. Think of new ways to greet your loved ones



Cover your coughs and sneezes (use a tissue paper or vour elbow)



Stay home if you have a fever or cough

#### HELP

Talk things through with older family members, friends and neighbours. The risk is higher for them and they might be worried or confused.







Check if they need extra help with everyday things like shopping

Recommend they stay home and away from public places

Make sure they have a good supply of any regular medication they need

#### How can you reduce the risk of coronavirus infection?

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or sneezing



Cover your mouth and Wash your hands regularly nose when coughing with soap



Thoroughly cook meat and eggs

Avoid contact with anyone showing flu-like symptoms

Avoid unprotected

contact with live wild or farm animals

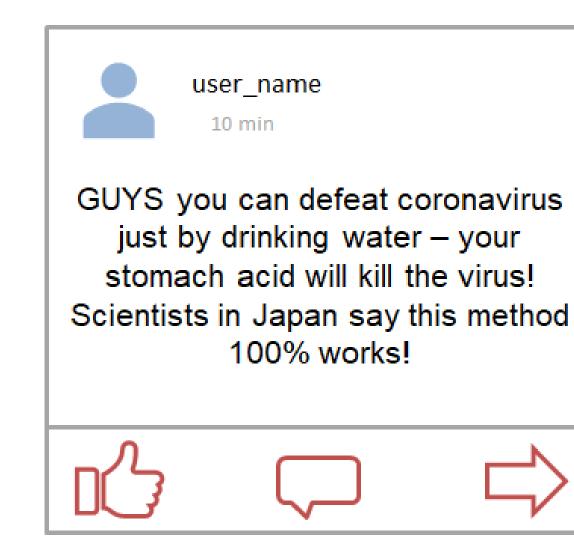
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**IFRC** 

Source: WHO

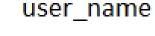


**Quiz activity: how can you spot misinformation?** 



## 1. Think again

There is no source or evidence to back up this claim.



10 min

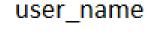
GUYS you can defeat coronavirus just by drinking water – your stomach acid will kill the virus! Scientists in Japan say this method 100% works! Drinking water when you are sick is always a good thing, but it is not a 'cure'.

> Eating garlic is also not a cure!



#### 2. Trust

Their claim is supported by a link to a trusted source so you can check yourself.

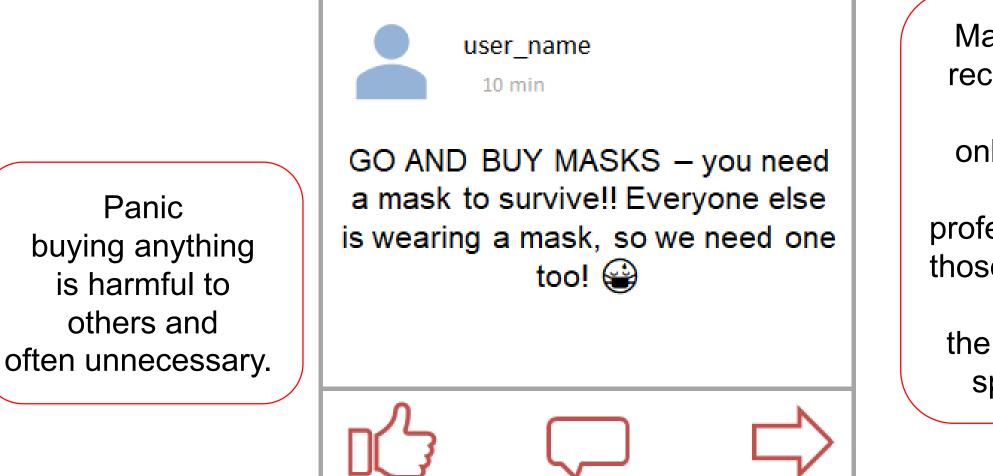


10 min

The WHO says we should wash our hands for 20 seconds, seems long but probably a good idea #scrubscrub https://www.who.int/emergencies/di seases/novel-coronavirus-2019 Washing your hands with soap and water for 20 seconds is the scientifically proven way to kill the most germs.



## 3. Think again



Masks are not recommended. They are only useful for medical professionals and those who already have the virus to stop spreading it.



## 4. Think again

Be careful when following unknown links. People selling things will try and convince you that you need them.



user name

10 min

There are no current scientifically tested and safe cures against Covid-19. But scientists are working on it.



user name

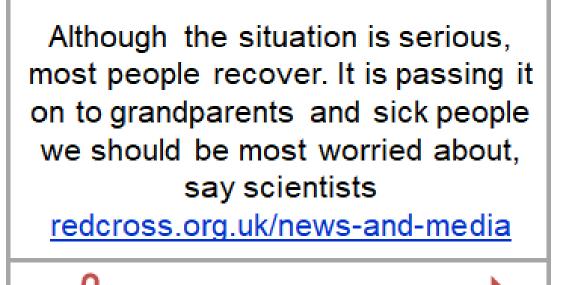
Although the situation is serious, most people recover. It is passing it on to grandparents and sick people we should be most worried about, say scientists

redcross.org.uk/news-and-media



#### 5. Trust

It is backed up by a trusted news source.



user\_name

10 min

This is what scientists think at the moment.



**Kindness and resilience** 

# Coping with stress during the COVID-19 outbreak IFRC

Be aware that not

everything you hear

about the virus may be

true.

Stay updated and use

information from trusted

sources, like your health authority, World Health Organization (WHO) or your local Red Cross or Red Crescent.



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous adversities and use those skills to help you manage your emotions during this outbreak. If you must stay at home, maintain a healthy lifestyle including proper diet, sleep, exercise and social contact with family and friends at home and remotely.



Deal with any emotions you may have in a healthy manner.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



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