

Coronavirus: Covid-19 outbreak

Full lesson plan from [redcross.org.uk/education](https://www.redcross.org.uk/education)

Definitions activity: what is coronavirus?

Coronavirus

A large family of viruses

Covid-19

Getting unnecessarily large amounts of a product

Misinformation

Staying indoors, avoiding contact with other people

Pandemic

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

Panic Buying

False stories that are presented as being true

Quarantine

A new strain of coronavirus

**Social
Distancing**

Staying away from gatherings and not standing close to other people

Self-isolation

A new disease that spreads around the world beyond expectations

Coronavirus

A large family of viruses

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disease from the public

Poster activity

How can you reduce the risk of coronavirus infection?



Wash your hands regularly with soap



Cover your mouth and nose when coughing or sneezing



Thoroughly cook meat and eggs



Avoid contact with anyone showing flu-like symptoms



Avoid unprotected contact with live wild or farm animals

Source: WHO

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



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

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 your 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

Quiz activity: how can you spot misinformation?

1. Trust or not?



user_name

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!



1. Think again



user_name

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!



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

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 or not?



user_name

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/diseases/novel-coronavirus-2019>



2. Trust

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



user_name

10 min

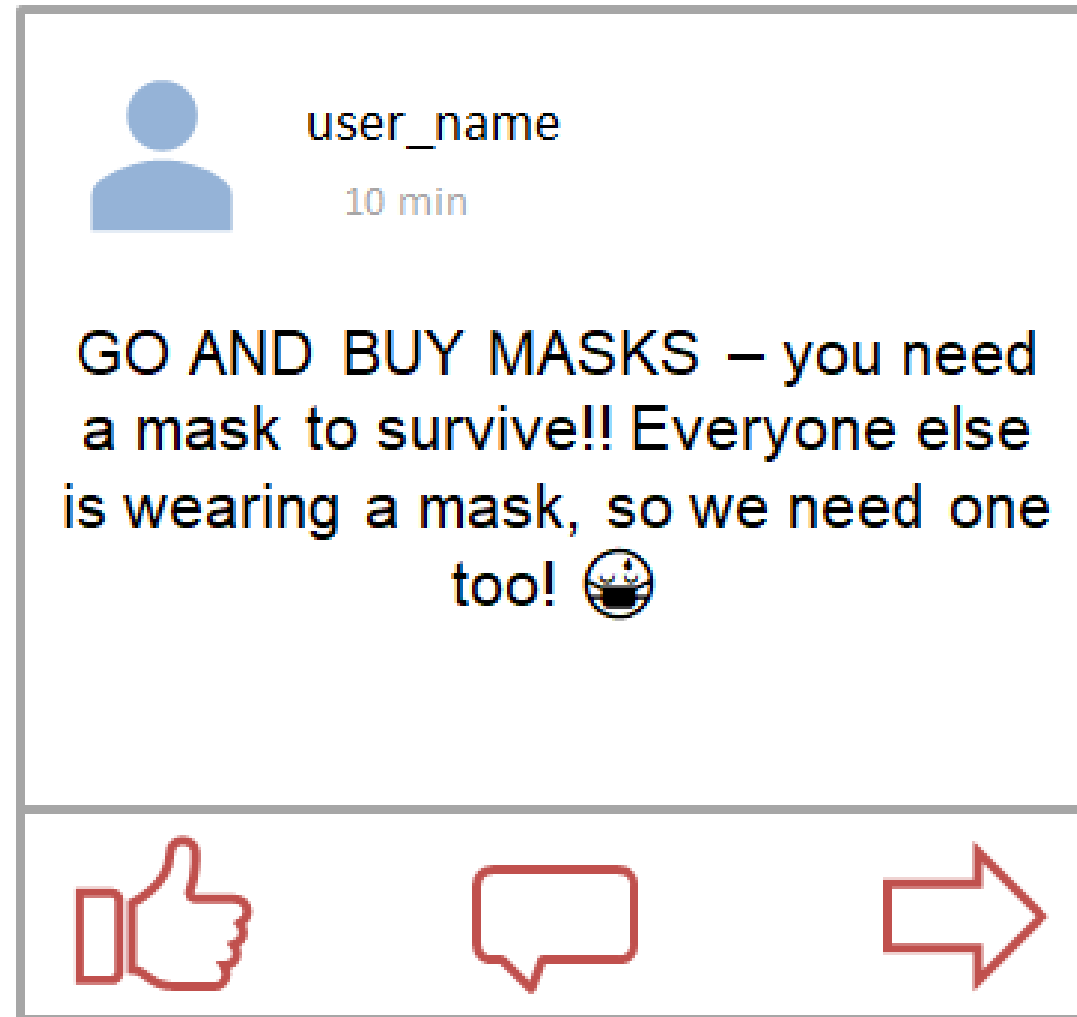
The WHO says we should wash our hands for 20 seconds, seems long but probably a good idea
#scrubscrub

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



Washing your hands with soap and water for 20 seconds is the scientifically proven way to kill the most germs.

3. Trust or not?



3. Think again

Panic
buying anything
is harmful to
others and
often unnecessary.



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

4. Trust or not?



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

I have discovered a powerful cure, guaranteed to protect you and your family against Coronavirus – buy here at 💰
www.falsocures.co.uk



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

5. Trust or not?



user_name

10 min

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

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[redcross.org.uk/news-and-media](https://www.redcross.org.uk/news-and-media)



This is
what scientists
think at the
moment.

Kindness and resilience

Coping with stress during the **COVID-19** outbreak



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.



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.



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.

