

COVID-19 Lesson

C O V I D - 1 9 L E S S O N

COVID-19 is a **respiratory illness** caused by a **virus** called Coronavirus. Understanding more about COVID-19 can help us stay safe and protect others.

VOCABULARY	Look for these words in the lesson
Virus	A germ or tiny living thing that causes sickness
Respiratory	Parts of the body that help you breathe, like the lungs
Pandemic	A sickness that spreads over many countries or the whole world
Symptoms	Signs of a disease like cough or fever
Infected	To become sick
Disinfect	To clean with alcohol or bleach in order to kill germs
Quarantine	Stay home/ keep away from others to stop a disease from spreading

WHAT ARE THE SYMPTOMS OF COVID-19?



Symptoms may be mild or severe and can appear 2-14 days after being close to a sick person.

You should get a COVID test if you have these **symptoms**.

You should **quarantine** while you are waiting for results.

You should **quarantine** for at least 14 days if you get a positive test.

NOTE: An infected person may have NO symptoms but can still give you the virus. That is why we need to be careful around everyone.

EMERGENCY SYMPTOMS:

If someone has these symptoms get help right away. Call 911 or go to the Emergency Room.

- Trouble breathing
- Pain or pressure in the chest that doesn't go away
- Cannot wake up or stay awake
- Lips or face are blue

**FEVER: Normal body temperature for an adult is 98.5 F (37 C).
Over 100 F (38 C) means you may be sick.**

HOW IS COVID-19 SPREAD?

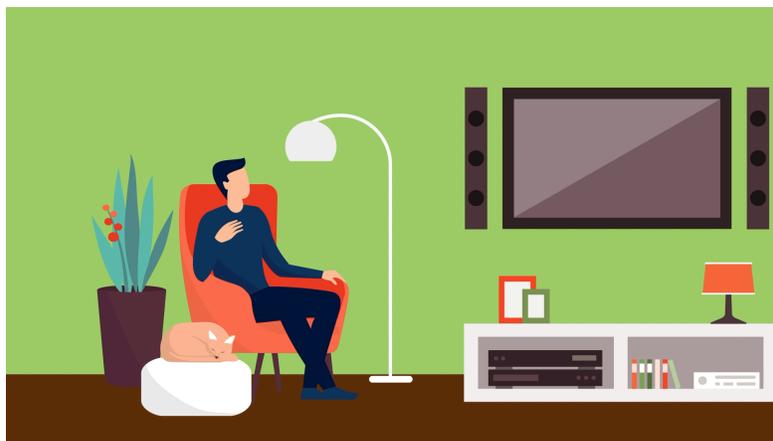
- COVID-19 is mainly spread from person to person.
- You can become **infected** by being near a person who has COVID-19: less than **6 feet (2 meters or two arms' length)**.
- You can become **infected** from **respiratory droplets** (little drops in the air) when a sick person coughs, sneezes, or talks.
- You can get it by **touching a surface** or object that has the virus on it, and then by touching your mouth, nose, or eyes.

HOW CAN I PROTECT MYSELF AND OTHERS?

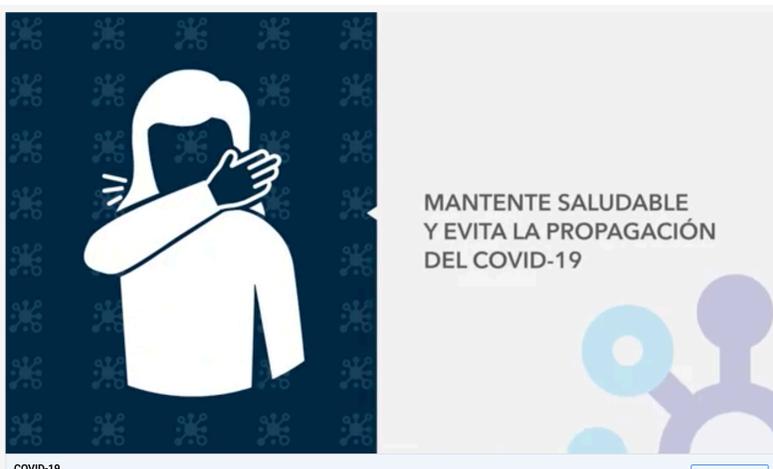




**Stop the Spread
(English)**
(Click the image at left to
access the video.)



**Stop the Spread
(Spanish)**
(Click the image at left to
access the video.)



**Stay Healthy
(Spanish)**
MANTENTE SALUDABLE Y
EVITA LA PROPAGACIÓN DEL
COVID-19
(Click the image at left to
access the video.)

COVID-19 Lesson Practice Activities

MATCH /TELL /WRITE

What are six things you can do to protect yourself and others from the virus?

1.



2.



3.



4.



5.



6.



Stay home if you are sick.

Disinfect surfaces you touch often.

Wash your hands often with soap and water for at least 20 seconds.

Do not touch your eyes, nose, or mouth.

Wear a mask when in public.

Stay at least 6 feet (2 arms' length) from others.

DISCUSS

Think about what you learned about staying safe and healthy during the pandemic. Give your advice about one of the following situations. Discuss with your group or teacher.

Juan works in the fields picking tomatoes. Every morning he has to take a van to work. The van is very crowded with other workers. What should he do to protect himself and others?

He should _____.

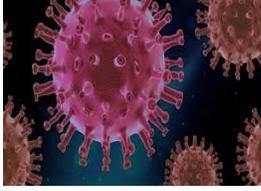
Nancy is a mother of two young children. She tries to stay home as much as possible because of the virus. But sometimes she needs to go out to the grocery store. What can she do to keep herself, her kids, and others safe from the virus?

She should _____.

COVID-19 Lesson Lesson Plan

Materials
<ul style="list-style-type: none"> √ Lesson √ Video Review √ Student Practice Page √ Pre-Test / Post-Test

Elements	Activities
Pre-Test	<ul style="list-style-type: none"> • Give the Pre-Test.
Introduction	<ul style="list-style-type: none"> • Explain that is important to know more about the virus so we can help ourselves and others to stay healthy.
1. Vocabulary and Understanding the Virus	<ul style="list-style-type: none"> • Review and explain the lesson vocabulary in the box at top of page 1. • For clarification, use the vocabulary words in another sentence e.g. “The symptoms of the virus are....” • Check for understanding by asking the student to give an example of each word.
2. Symptoms and Spread	<ul style="list-style-type: none"> • Read about the symptoms and spread of the virus. • Make sure students know when to get tested and where to go for a COVID test. • Review what normal body temperature is and when to seek emergency help.
3. How Can I Protect Myself and Others	<ul style="list-style-type: none"> • Look at the graphics and read the information about how to protect yourself and others.
Review	<ul style="list-style-type: none"> • If you are doing the lesson on a device, use the downloaded video to review the lesson. Double click on the video to play. • If you have internet access you may prefer the additional video on the YouTube link. • If you are using paper and pencil, look back at the lesson to review key points.
Practice Activities	<p>Activity #1 Match/Tell/Write. Have the student match words and pictures and then tell, and/or write, what they can do to protect themselves and others from the virus.</p> <p>Activity #2 Discuss. Read the given scenarios. Have the student give advice about staying safe and healthy based on what they have learned in the lesson.</p>
Post-Test	<ul style="list-style-type: none"> • Give the Post-Test with the bonus question.



COVID-19 LESSON

PRE-TEST

Name: _____

Date: _____

1. Six feet is one arm's length from another person.
2. You can get the virus from a person with no symptoms.
3. You can get the virus by breathing in droplets in the air.
4. 98.5 F is a normal body temperature.
5. To get rid of germs you should wash your hands for at least 15-20 seconds.

Circle the correct answer:

Yes No

Yes No

Yes No

Yes No

Yes No

TOTAL
CORRECT: _____



COVID-19 LESSON POST-TEST

Name: _____

Date: _____

1. Six feet is one arm's length from another person.
2. You can get the virus from a person with no symptoms.
3. You can get the virus by breathing in droplets in the air.
4. 98.5 F is a normal body temperature.
5. To get rid of germs you should wash your hands for at least 15-20 seconds.

Circle the correct answer:

Yes No

Yes No

Yes No

Yes No

Yes No

TOTAL
CORRECT: _____

BONUS Question for Post-Test: Tell some ways you can protect yourself from the virus:

- _____.
- _____.
- _____.

Sources

Information for this lesson based on Centers for Disease Control (CDC) guidance.

Graphics and videos for this lesson from CDC and Nebraska Department of Health and Human Services.



NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES



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