

Keeping Yourself Safe During the COVID Pandemic - 9/11/20

Mr. Carter - 7th Grade English/Language Arts

* Required

1. First and Last Name: *

2. Date: *

Example: January 7, 2019

3. Period Number: *

Mark only one oval.

7-2

7-4

7-5

7-6

Five Minute Do Now:

One word answers and sentence fragments will not be accepted. Please write your answers in three complete sentences.

4. Do Now: Describe an event that changed your life forever, or make up and describe an event that would change your life forever. * 5 points

Learning Target:

After completing this lesson, I will be able to read two related articles and, after thinking critically, will be able to use the information to develop my own personal viewpoint.

Keeping Yourself Safe During the COVID Pandemic Lesson:

Please read through the following descriptions and instructions. Then, complete the readings and answer the activity questions.

Introduction:

As coronavirus case numbers increase across the country, it is important to understand how to keep yourself and your family safe. It is also important to know what to do if you come in contact with the virus or believe you may have it.

Don't share household items, such as food, drinks, or personal care items. Wear a mask if you're sick or if you're directly caring for someone who is. As always, cover coughs and sneezes, preferably with a tissue, and wash your hands right after you cough or sneeze. Washing your hands is one easy to implement step that can drastically slow down the spread of COVID-19. After you use a tissue, throw it away immediately into a lined trash bin.

In addition to guarding your health and the health of your loved ones, you must also deal with the lack of closeness and social contact that comes with social distancing. We explored mental health earlier in the week; now, we'll consider what we can do to keep a positive outlook.

Instructions:

1. Read this article that offers safety tips for guarding against COVID19:
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety.html>
2. Read this second article that offers tips for staying safe and sane while social distancing:
<https://www.safetyandhealthmagazine.com/articles/19578-covid-19-pandemic-tips-to-remain-sane-and-safe-during-social-distancing>
3. Fill out the form/worksheet while reflecting on the articles presented.
4. After answering all of the questions and proofreading your answers, submit the form (if participating online) or hold onto your work for a drop off at the school at a later date.

Assignment Overview:

After reading the two articles, answer the questions using the information provided. Consider how the articles are connected and make sure that you are answering based on the information provided, as well as your own experiences.

Reference Articles:

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/coronavirus-safety.html>

<https://www.safetyandhealthmagazine.com/articles/19578-covid-19-pandemic-tips-to-remain-sane-and-safe-during-social-distancing>.

Activity Questions:

One word answers and sentence fragments will not be accepted. Please write your answers in complete sentences and do not be afraid to let your voice be heard.

- 5. 1) Based on information from the article, "Coronavirus Safety Tips for Everyone," briefly explain how COVID-19 spreads. * 2 points

- 6. 2) Based on information from the article, "Coronavirus Safety Tips for Everyone," write down 3 things that a person can do to protect themselves from COVID. * 2 points

7. 3) In the article, "COVID-19 Pandemic: Tips to Remain 'Sane and Safe' During Social Distancing," the author gives a bunch of tips on how to stay sane. Choose two to write down and explain in detail. * 2 points

8. 4) What is the purpose of these two articles? * 2 points

9. 5) Which one of the tips in "COVID-19 Pandemic: Tips to Remain 'Sane and Safe' During Social Distancing" would help you the most? Why? * 2 points

Five Minute Exit ticket:

Reflect on today's lesson and answer the question(s) using complete sentences.

10. Exit Ticket: Write down three pieces of information that you, in your expert opinion, feel could be most helpful to a person who is concerned that they will get sick from COVID19. * 5 points

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Coronavirus Safety

Staying Safe and Helping Others During COVID-19

Coronavirus Safety Tips for Everyone

Safety Tips

Donate Blood or
Plasma

Volunteer

Latest News

*(Para español, visite
[redcross.org/coronavirus-espanol](https://www.redcross.org/coronavirus-espanol))*

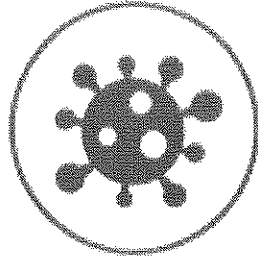
@RedCross
Twitter

The American Red Cross is closely monitoring the coronavirus disease 2019 (COVID-19) pandemic and following the latest guidance from the U.S. Centers for Disease Control and Prevention (CDC).

According to the CDC, COVID-19 symptoms include fever, coughing and shortness of breath, plus others. Symptoms may appear 2-14 days after exposure. Call your doctor for medical advice if you think you have been exposed to COVID-19 or develop symptoms.

How Does COVID-19 Spread?

- According to the CDC, the virus is thought to be spread mainly from person-to-person. This means it may spread between people who are in close contact with one another (within about 6 feet), or through respiratory droplets when an infected person coughs or sneezes. These droplets



can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. COVID-19 may be spread by people who are not showing symptoms.

- The CDC also reports that it may be possible for someone to get COVID-19 by touching a surface or object with the virus on it, and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.
- The best way to prevent illness from COVID-19

is to avoid being exposed to the virus, as there is currently no vaccine to prevent COVID-19.

Use Healthy Practices to Protect Yourself

The best way to stay healthy is to follow these steps from the CDC:

- Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing. If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick, and practice social distancing by keeping at least 6 feet away from others if you must go out in public.
- Wear a cloth face covering to cover your mouth and nose when around others and

when you must go out in public. The cloth face cover is meant to protect other people in case you are infected. Don't place one on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Learn more.

- Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue away after use. If a tissue isn't available, cough or sneeze into your elbow or sleeve, not your hands.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, handles, desks, computers, phones, keyboards, sinks, toilets, faucets and countertops. Read full CDC information.

Follow these five easy steps to help prevent the spread of COVID-19



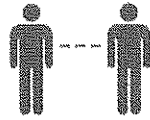
**Sneeze or
cough?
Cover
your nose
and mouth with
a tissue or
use your
elbow.**



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



**Clean
and disinfect
surfaces
around
your home
and
work frequently.**



**Keep at
least 6
feet
between
yourself
and others
if you
must be in
public.**



**Wear a
cloth face
covering
over your
mouth and
nose when
around
others.**

**Hand Washing: A Simple
Solution That Really Works**

Teach kids how to wash their hands

**Explore Safety
Topics in Detail**



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» [COVID-19 pandemic: Tips to remain 'sane and safe' during social distancing](#)

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[Worker health and wellness \(/topics/769-worker-health-and-wellness\)](/topics/769-worker-health-and-wellness)

COVID-19 pandemic: Tips to remain 'sane and safe' during social distancing

March 18, 2020

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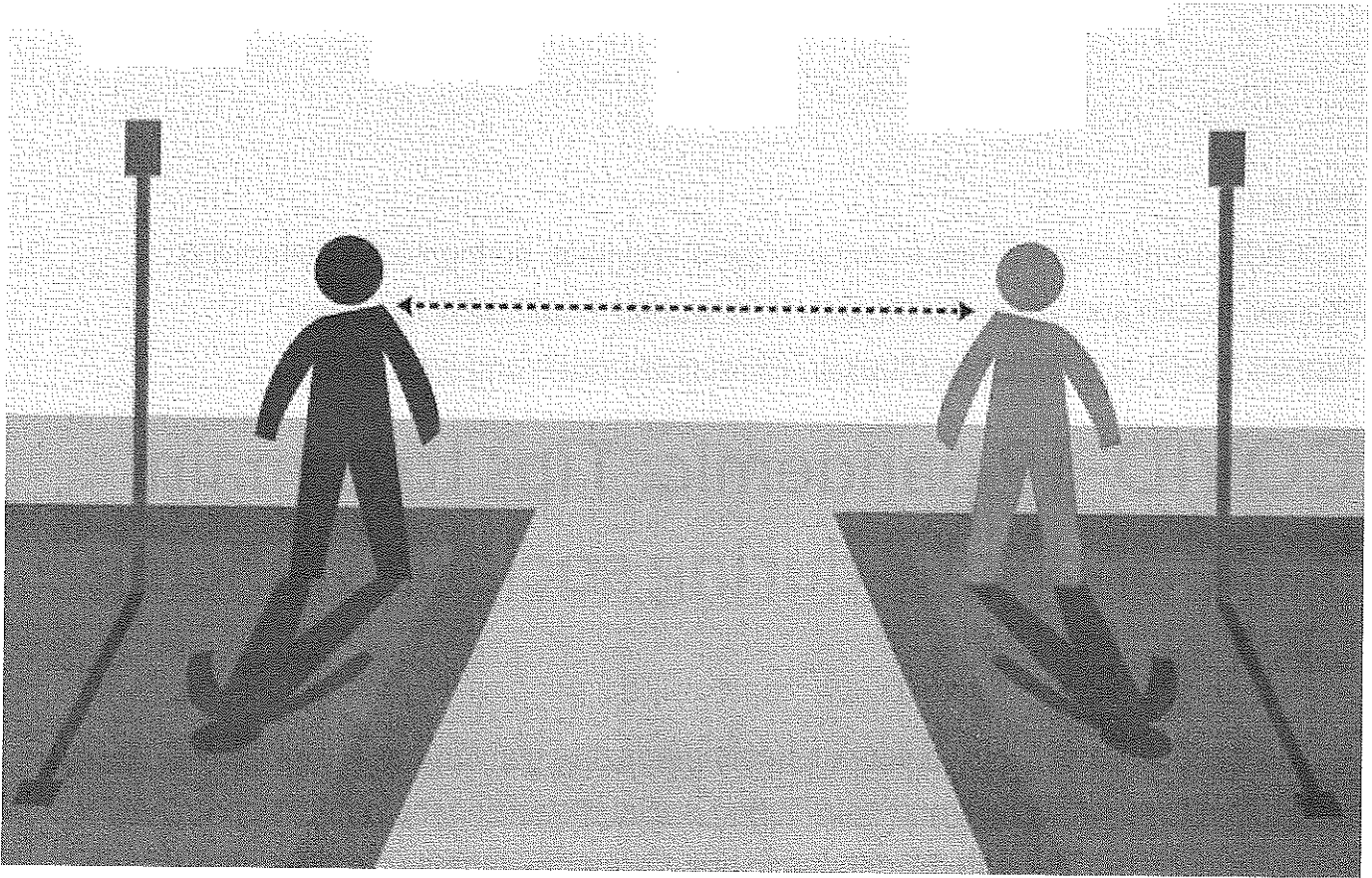


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Muncie, IN — Maintaining a routine, helping others and taking time to focus on self-care are among the tips one Ball State University professor is sharing to help people stay “sane and safe” while practicing social distancing during the COVID-19 pandemic.

Jagdish Khubchandani, a health sciences professor, has 15 recommendations to “counterbalance” the physical and psychological effects of social distancing, which involves reducing close contact with others in an effort to help stop the spread of the disease, per guidance from the Centers for Disease Control and Prevention.

Khubchandani’s tips:

Maintain a routine. As much as possible, social distancing should not disrupt your sleep-wake cycle, working hours and daily activities.

Make social distancing a positive by taking time to focus on your personal health, training, diet, physical activity levels and health habits, as well as re-assessing your work.

Cook for yourself and others in need. Add more fruits, vegetables, vitamins and proteins to your diet. (Most U.S. adults don't consume enough fruits and vegetables). Eat two or three meals a day.

Go for a walk or exercise at home. "Definitely go out in nature as much as possible. Only half of American adults today get enough exercise."

Don't let anxiety or being at home lead to binge eating or alcohol and drug use. Don't oversleep, but try to sleep at least seven hours a day.

Know that social distancing can cause anxiety and depression because of disruption to routines, isolation and fear over a pandemic. If you or someone you know is experiencing either, help is available.

Make the best use of technology to finish your work, attend meetings and engage with co-workers with the same frequency required during active office hours. "The good news: Working from home can make people more productive and happier."

Small breaks during social distancing are also good times to reassess your skills and training – consider taking an online course, pursuing certification, undergoing training or personality development, or learning a new language.

Engage in spring cleaning, clear clutter and donate household items. Home clutter can harbor pollutants, lead to infections and result in unhygienic spaces.

Social distancing shouldn't translate to an unhealthy life on social media. Although you can certainly become a victim of myths, misinformation, anxiety and fearmongering, you can also inadvertently become a perpetrator, creat-

ing more trouble for communities.

Based on the

Bureau of Labor Statistics' American Time Use Survey

(<http://www.bls.gov/tus>)

and leisure-related time-spending patterns worldwide, "too much time" is spent on screens. Except for one to two times a day to watch, read or listen to national news for general consumption and local news for updates on the spread of COVID-19 in your community, you're likely overconsuming information and taking away time for yourself and from friends and family.

Reach out to others and offer help. Social distancing should help reinvest in and recreate social bonds. Consider providing for and helping those at risk or marginalized (e.g., the elderly, disabled and homeless; survivors of natural disasters; and people living in shelters). "You will certainly find someone in the neighborhood who needs some help." This can be done from a distance via a phone or by online activities, as well as giving.

Check your list of contacts on email and your phone. It may be a good time to check on your friends' and family members' well-being. This will also help you feel more connected, social, healthier and engaged. "Be kind to all; you never know who is struggling and how you can make a difference."

Engage in alternative activities to keep your mind and body active. For example, listen to music or sing; try dancing or biking, yoga or meditation; take virtual tours of museums and places of interest; sketch or paint; read books or novels; solve puzzles or play board games; try new recipes; and learn about other cultures.

Don't isolate yourself completely – social distancing shouldn't become social isolation. Don't be afraid, don't panic and do keep communicating with others.

“Social distancing can be tough on people and disrupt the social and economic fibers of our society,” Khubchandani said. “Given the existing crisis of isolation in societies — with probably the loneliest young generation that we have today — social distancing can also take a personal health toll on people, causing psychological problems, among many others.”

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Related Articles

Tips to remain 'sane and safe' during physical distancing

(<https://www.safetyandhealth-magazine.com/articles/19742-tips-to-remain-sane-and-safe-during-physical-distancing>)

Trump orders meatpacking plants to remain open amid COVID-19 pandemic

(<https://www.safetyandhealth-magazine.com/articles/19785-trump-orders-meatpacking-plants-to-remain-open-amid-covid-19-pandemic>)

