



Covid-19 awareness

What it is and how we can stay safe



Name:



Contents

These activities will help you to inform yourself about covid-19 and the daily hygiene practices that will help you to stay safe. You will be able to share the factual information you have learned with your friends, family and community.



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The content in this free resource booklet is based on the SCOUTS South Africa covid-19 Awareness Badge for Cub Scouts:

<https://www.scouts.org.za/2020/05/26/covid-19-awareness-badge/>



With thanks to SCOUTS South Africa and the Scouts of Namibia for giving us permission to use and adapt their covid-19 programme.



What is covid-19?

1 Describe what covid-19 is:

Think about...

When and where did it start?

Why is it worrying?

Who are most at risk and vulnerable?

How does it spread?

How can we prevent it from spreading?

2 List **six** signs or symptoms of covid-19:



Covid-19 awareness poster

- 3 Create a poster showing how we can protect ourselves against the virus and display your poster at home.





What we can do to prevent the virus from spreading

4 Explain what the following terms mean:

'Lockdown' means...

'Social distancing' means...

'Quarantine' means...

5 Explain why it is important to cough or sneeze into your elbow or a tissue instead of into your uncovered hand, the air or in the direction of someone else:



Skills I have in keeping myself and others safe

- 6 Demonstrate the correct way to wash your hands with soap and running water to kill germs.

You could use the space below to stick in a photo of you washing your hands correctly, create a poster, draw a step-by-step diagram or write a list of clear instructions.





Skills I have in keeping myself and others safe

7 Demonstrate the correct way to wear a cloth mask correctly.

You could use the space below to stick in a photo of you wearing a cloth mask correctly, draw yourself or write a list of clear instructions.





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