

LIFE SKILLS**GRADE 6****COVID 19****PREVENTIONS**

- Wash your hands regularly with soap and water or an alcohol- based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick
- Cover your cough or sneeze with a flexed elbow or a tissue then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces.
- Always wear a mask in public places.
- Maintain social- distancing – one an a half metres
- Boost your immune system by taking vitamin C ,D and Zinc
- Avoid crowded places.

Learning about masks

- Have at least 2 cloth masks.
- Wear the cloth mask in public places.
- Once you put your mask on, don't touch it until you take it off.
- Try to only touch the straps when removing it.
- Never pull down the mask, even when you are speaking.
- Make sure the mask is washed as soon as you take it off at home.
- Dry it in the sun and iron it to kill germs.

Self- quarantine

Who should self- quarantine?

Self- quarantine for Covid 19 is recommended for individuals who have been directly exposed to the virus or who have travelled to areas where there are large numbers of people infected in order to prevent future transmission

- Stay home, only go out if you need medical care.
- Monitor your symptoms, fever, cough or shortness of breath.
- Don't go to school, work or public areas.
- Avoid using public transport.
- Keep a distance of one and a half metres from family members.
- If you are sharing a bathroom, wash taps and doorknobs regularly with soap and water.
- Clean your hands often with soap and water for at least 20 seconds or with alcohol- based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- No visitors
- Cough and sneeze into the fold of your elbow.
- Alternatively cover your mouth and nose with a tissue when you cough or sneeze.
- Get medical attention as soon as possible if you become ill.

State whether the following are **true** or **false**

1. Wash hands only once a day.
2. Cover your cough or sneeze with a flexed knee or a tissue.
3. Try to only touch the straps of the mask when removing it.
4. Dry the mask in a damp place to kill the germ.
5. Keep a social distance of two and a half metres.
6. Wash your hands with soap and water for at least 10 seconds.