

WASH + COVID-19

Primary Student Workbook



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Note to Parent/Guardian/Teacher/Learning Coach:

Learning Audience: *Primary Students*

For ***Upper Primary*** students: A general literacy foundation is assumed, such that most of the learning content could be managed with minimal coaching and support from a teacher or parent at home. At this developmental level, students are reading to learn.

For ***Lower Primary*** students: Students are not reading independently and will need the support of an adult/teacher/learning facilitator.

Best Practices and Support: *Review Question Answer Sets and Content Vocabulary*

Best practice in learning is always to engage in discussion and reinforce instructional content. Please continue to support the learning of your students through active learning beyond the text of this student workbook.

Each lesson contains interactive questions to reinforce the vocabulary and text. Read each lesson and use the guided questions to reinforce student learning.

LEARNING GOALS OF STUDENT WORKBOOK

REINFORCE AND DEFINE

Healthy practices of WASH

- Water and Hygiene
 - Know where to find safe drinking water sources
 - Washing hands with soap and water
- Sanitation through:
 - Environmental cleaning
 - Waste management
 - Body waste management

COVID-19 Safety Measures:

- Physical Distancing
- Handwashing
- Cleaning and Disinfecting
- Wearing a Mask

WASH = Water, Sanitation and Hygiene

Help stop the spread of infectious disease and keep yourself, school, home, and community clean!

Safe WASH practices can reduce the spread of infectious germs.

WA – Water – The practice of drinking safe water and knowing where to find safe drinking water sources

S – Sanitation – The practice of keeping our environment clean, safe disposal of body waste (use of latrines) and responsible waste management

H – Hygiene – The practice of keeping our hands and bodies clean, germ-free, and healthy

Let's work to share these practices by learning and teaching them to others.

Lesson 1: Sickness, Infection, Detection, Prevention

VOCABULARY DETECTIVE

You are tasked with finding the following vocabulary words as you read Lesson 1.

Circle the word as you find them

Underline the definition and context clues that help with the word's meaning

Vocabulary Word	Pronunciation
germ(s)	/jərm/
hygiene	/'hī,jēn/
infection	/in'fekSH(ə)n/
infectious	/in'fekSHəs/
microscope(s)	/'mīkrə,sköp/
symptom	/'sim(p)təm/

Everybody gets sick.

Our bodies let us know that we are sick when we develop **symptoms**. A **symptom** is a *sign that something might be wrong, especially with our health*.

Examples of **symptoms** showing that something may be wrong with our health:

Headache



Nausea or Throwing Up



Fever/chills



Cough



Runny Nose



Usually when we are sick our bodies do not act as they do when we are healthy.

1. Draw or list at least three **symptoms** that you have experienced when feeling sick in your past.





No one likes feeling sick. If you learn that others in your school or community are not well, let them know you hope they feel better soon. Part of getting healthy can come from the love and support of others. Healing may also come from a visit to a health professional, like a doctor or a nurse. Sometimes medicine is needed to help get back to good health.

2. What are some safe ways of showing love and support for others when they are sick, to help them feel better? Draw or write about what you do to help others when they are not feeling well in the box below.



It is important to let an adult know when you are not feeling well and let them help you with a plan to get healthy again.

3. Who do you go to when you are not feeling well?

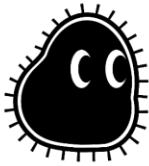


When you are sick, you may be **infectious** to others. Using WASH (Water, Sanitation, and Hygiene) helps us reduce the spread of **infection**.

What is **infection**?

An **infection** is any disease or sickness caused by *germs*. Being **infectious** is when someone or something can cause a living thing (people, animals, plants) to become sick by sharing *germs*.]

This is what *germs* might look like (under a microscope).



Microscopes are tools used to help see very small objects that are difficult or even impossible for the human eye to see.

Why is a microscope used to study germs?

GERM FACTS

- ✓ *Germs* can be invisible to our eyes. We usually can't see germs they are so small!
- ✓ Not all *germs* are bad or *infectious*.
- ✓ *Germs* are a part of our environment and everything that we touch and see.
- ✓ We live with different kinds of *germs* every day and that is okay.
- ✓ WASH [Water, Sanitation, and Hygiene] helps stop the sharing of *infectious germs*.

Scientists use special equipment, like *microscopes* to help see and study *germs* and other tiny things in our environment.

What can you do to protect yourself from *infectious germs* and keep your body safe and healthy?

We will explore this question.

For starters, one thing you can do is. . . **WASH your hands!**

Handwashing helps get rid of *infectious germs* and helps keep our bodies and others healthy!

To help make sure you are handwashing correctly follow these five steps:

Step 1: Wet hands with running water

Step 2: Apply enough **soap** to cover wet hands

Step 3: Scrub all surfaces of the hands – including back of hands, between fingers and under nails – *for at least 20 seconds*.

Step 4: Rinse thoroughly with running water

Step 5: Dry hands with a clean cloth or single-use towel

Steps to wash your hands with soap

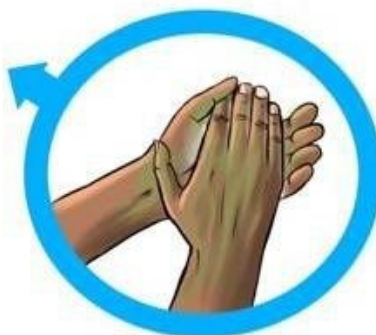
Wet hands with water



Dry thoroughly with towel



Rinse hands with water



Rub hands using soap



Rub hands palm to palm, back of each hand, under nails, and with fingers interlaced

unicef  for every child

image source: <https://www.unicef.org/sudan/coronavirus-disease-covid-19-information-centre>

Handwashing is a practice of good **hygiene**.

Hygiene means: ways to stay healthy and prevent diseases, especially through cleanliness and using soap and running water.

Teach others the **Five Steps to Handwashing Process** for good hand **hygiene** by making a poster in the space below.



Mark your calendar, **October 15th** is Global Handwashing Day!

When is it important to **WASH** your hands?

(Circle the correct response for each statement below.)

1 Before and after I eat something	Yes	No
2 When I see dirt on my hands	Yes	No
3 After I use the toilet / latrine	Yes	No
4 After I sneeze, cough, or blow my nose	Yes	No
5 After playing outside	Yes	No
6 After touching pets and/or animals	Yes	No
7 After leaving a public place	Yes	No
8 Before touching my face	Yes	No

Discuss the questions above with an adult.

ANSWER KEY: 1 YES 2 YES 3 YES 4 YES 5 YES 6 YES 7 YES 8 YES

Did you notice a pattern? The answer is YES for everything. Washing hands with soap and water is always a healthy habit. Handwashing is especially important to practice when:

- Your hands look dirty
- Before and after you eat
- After using the bathroom

VOCABULARY WORD SCRAMBLE:

Fill in the blanks in the sentences below by unscrambling these vocabulary words:

germs hygiene infection microscope symptom

1. An _____ [FENCIITON] is caused by the spread of germs. It can cause a _____ [YMMOSTP], such as a stomachache.
2. By practicing healthy daily habits such as handwashing, and keeping clean, you are showing good _____ [EINGHYE].
4. _____ [MESRG] are part of your environment and live on everything that you touch and see. They can be infectious and can cause viruses to spread.
5. I am a tool used by scientists to study germs and other teeny tiny things that may be difficult for the human eye to see. I am called a _____. [OEMPIROCS]

Read on to learn more about ways to stay healthy and keep the *infectious* sickness causing *germs* away!

Lesson 2: Pandemic Times - COVID-19 Our Current Germ Story

VOCABULARY DETECTIVE

You are tasked with finding the following vocabulary words as you read Lesson 2.

Circle the word as you find them

Underline the definition and context clues that help with the word's meaning

Vocabulary Word	Pronunciation
asymptomatic	/,āsim(p)tə'madik/
COVID-19	/,kōvid,nīn'tēn/
diagnose	/,dīæg'nōs/
diagnosis	/,dīæg'nōsəs/
diagnostic test	/,dīæg'nästik test/
pandemic	/pan'demik/
precaution(s)	/prə'kôSH(ə)n/

had spread to Europe, North America, South America, Africa, and Australia. Because this *germ* spread all over the world, the outbreak was considered a *pandemic*. The sickness/disease caused by this *germ* was named **COVID-19**.

Pandemic: a sickness or disease that is widespread – covering a whole country, continent, or the world.

COVID-19 is a disease caused by a type of *coronavirus*.

Coronaviruses are a family of viruses that exist in many different forms in both humans and animals. “CO” stands for corona, “VI” for virus, and “D” for disease. Corona means “crown.” The sticky “crowns” of the *germ* are what make the coronavirus unique and what help the virus stick to healthy cells inside the body.

In December of 2019, a highly *infectious* and bad *germ* was discovered in the city of *Wuhan, China*. It quickly spread from person to person and thousands of people in the city got sick. Some people got very sick and did not get better and other people hardly felt sick at all. The *symptoms* of the sickness were difficult for scientists to study and *diagnose* because not everyone was feeling this sickness in the same way.

Diagnose: to identify a sickness/disease by signs and *symptoms*.

At first the *germ* was only in the continent Asia, but by March of 2020 the *germ*



Draw a line connecting the word parts to their origin.

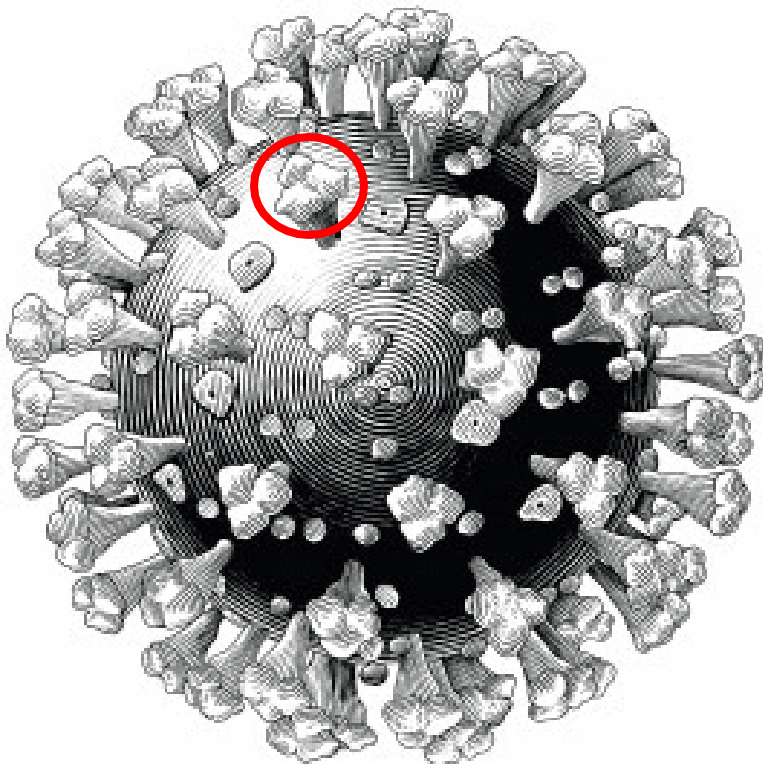
CO		2019 – disease first detected in December of 2019
VI		Disease
D		Corona or Crown
19		Virus

Below is a microscopic illustration of what the COVID-19 germ cell looks like.

Do you see the spokes that are coming off of the cell?

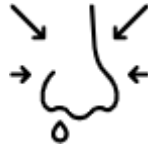
This is the Corona – or Crown looking part of the germ and where all coronaviruses get their name.

Circle at least five of the “corona” crown spokes on the microscopic, enlarged germ cell below.



COVID-19 SYMPTOMS

These *symptoms* may appear from two days to two weeks after *infection* and occur on a scale of *mild* (not feeling sick at all) to *severe* (requiring hospitalization and or medical care).

Fever/chills 	Cough 	Shortness of breath/Difficulty breathing 
Fatigue 	Body aches 	Headache 
New loss of taste 	Sore Throat 	Runny Nose 
Nausea or Throwing Up 	Diarrhea 	Loss of smell 

Circle all the *symptoms* above which you have felt when sick.

Maybe you circled all the **symptoms**. These are common symptoms to most all viruses.

Everyone gets sick and everyone has experienced at least one of the symptoms from the chart above.

Having one of the symptoms from this chart does not mean that you had COVID-19.

One of the strangest things about COVID-19 is that *some people do not feel any symptoms of being sick at all*. They are **asymptomatic**. Even though an **asymptomatic** person does not feel any **symptoms** they may still be **infectious** to others. This is why people are asked to take **precautions** while public health professionals and countries around the globe are working to find ways to end the **COVID-19 pandemic**.

Precaution: doing something to keep a dangerous, unpleasant, or inconvenient thing from happening. In the case of COVID-19, precautions are steps that you take to stop the spread of the virus and protect yourself, friends, and family from getting sick.

*What are some of the COVID-19 pandemic **precautions** that you are taking to keep yourself, your friends, your family, and your community healthy?*

My Self 	
My Friends 	
My Family 	
My Community 	

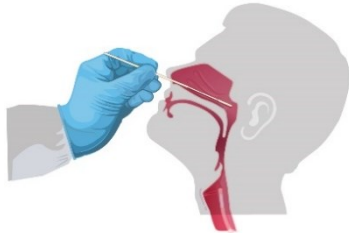
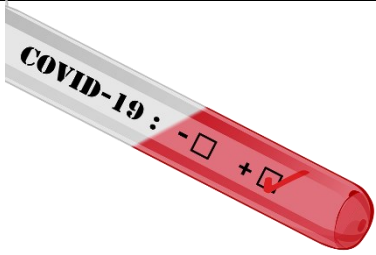
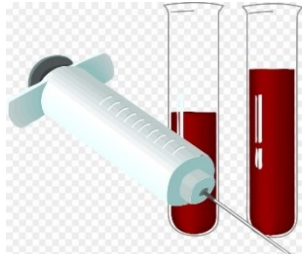
Talk about this with an adult/teacher.

The way to *detect* or identify **COVID-19** is through **diagnosis** by a medical test approved by a public health agency.

Diagnosis: identify if someone has a virus or not and determine the virus type

Diagnostic test: a test to determine whether someone has a virus (is positive +) or does not have a virus (is negative -)

To diagnose whether a person has or had COVID-19 there are three types of diagnostic tests.

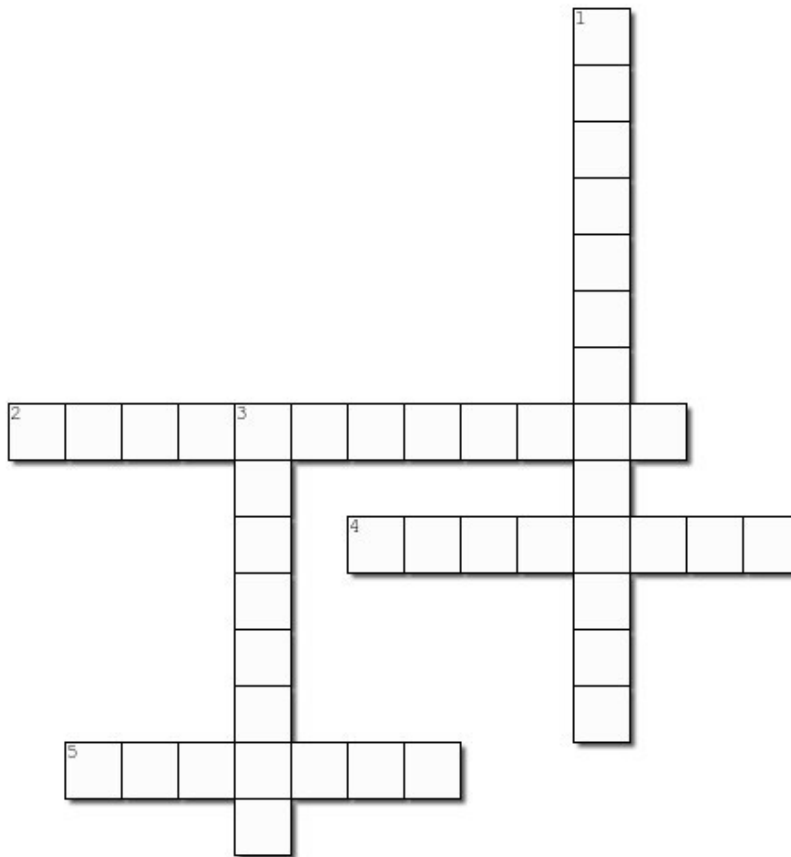
Antigen	 [SOURCE: https://www.cdc.gov/coronavirus/2019-ncov/lab/guidelines-clinical-specimens.html]	An antigen COVID -19 diagnostic test tells you if you are sick. Positive – means you have COVID-19 This test is done through a nose swab and can give quick diagnosis.
Molecular	 [SOURCE: https://innovationorigins.com/in-new-twist-quick-saliva-test-can-help-fight-against-covid-19/]	A molecular COVID-19 diagnostic test tells you if you are sick. Positive – means you have COVID-19 RT-PCR (Polymerase Chain Reaction) is a type of molecular test. This test is done as a nose swab or saliva (spitting into a tube) test.
Antibody Test		An antibody diagnostic test checks to see if you were infected with COVID-19 in the past. This is a blood test. This test does not show if you currently have COVID-19.

Have you taken a diagnostic test for a sickness? Have you taken a diagnostic test for COVID-19? Do you know what kind of diagnostic test you have had?

Name: _____

Lesson 2: Pandemic Times

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Horizontal

- 2. showing no symptoms
- 4. to identify a sickness/disease by signs and symptoms
- 5. a type of coronavirus first identified in the year 2019 that led to a worldwide pandemic

Vertical

- 1. doing something in advance to keep something dangerous, unpleasant, or inconvenient from happening
- 3. a sickness or disease that is widespread – covering a whole country, continent, or the world

VOCABULARY DETECTIVE:

Solve for each vocabulary riddle with your Lesson 2 Vocabulary Word Bank

asymptomatic

COVID-19

diagnose

pandemic

precautions

Lesson 3: Ways to Keep COVID-19 Away

The **COVID-19 pandemic** has caused people all over the world to change the way that they work, play, go to school, and most every part of daily life.

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VOCABULARY DETECTIVE

You are tasked with finding the following vocabulary words as you read Lesson 2.

Circle the word as you find them

Underline the definition and context clues that help with the word's meaning

Vocabulary Word	Pronunciation
mask	/mask/
physical distance	/'fizik(ə)/ /'distəns/

What changes have happened in your life because of the **COVID-19 pandemic**?

How do you feel about the changes you have made because of **COVID-19**?

Public health professionals have put the following recommendations out to the world to protect our health and the health of others as best as possible.

FEELING HEALTHY	FEELING SICK
- Physical distancing - Keep things clean [Sanitation and Environmental Cleaning] - Wash your hands and practice good hygiene - WASH! – Water – Sanitation and Hygiene	- Get an antigen or molecular diagnostic test - Stay home - Wear a mask in public - AND IF DIAGNOSED POSITIVE FOR COVID-19: Contact people you were near and let them know they should get tested!

Feeling Healthy Physical distancing

Scientists and public health professionals now know that COVID-19 spreads through the air.



The space that you maintain between yourself and others protects you and those around you from germs in the air.

What does physical distancing look like in the following environments?

School 	
Store 	
Outside 	

Talk about this with an adult/teacher

Wear a mask in public

To limit sharing germs in the air that you breath in and out through your mouth and nose, cover your face when in public spaces.

MASK ON OR MASK OFF (Read each scenario below and circle the best choice)

1	Walking home with three friends that do not live with you after school.	Mask on	Mask off
2	Riding on a public bus with five friends who do not live with you.	Mask on	Mask off
3	Helping clean up your classroom with classmates.	Mask on	Mask off
4	Talking inside your house with your healthy family.	Mask on	Mask off
5	Walking in a grassy field by yourself	Mask on	Mask off
6	Shopping in a crowded market	Mask on	Mask off
7	Delivering a basket of food and a get-well card to a sick person	Mask on	Mask off
8	Visiting with a family member who does not live with you	Mask on	Mask off

Discuss your answers above with an adult

ANSWER KEY: 1 Mask on (with others who are not in your home) 2 Mask on (public) 3 Mask on(public) 4 Mask off (with family that you live with) 5 Mask off (physically distanced from others – outside – alone) 6 Mask on (public) 7 Mask on (not your immediate household) 8 Mask on(not your immediate household)

Keep things clean

List or draw the surface areas/objects that you are responsible for helping keep clean in each environment. How do you practice keeping each of these environments clean?	
My Home 	
My School 	
My Community 	

Handwashing with soap and water helps get rid of *infectious germs* and helps keep our bodies and others healthy!

Do you remember the Five Steps for Handwashing?
Record them in the space below.

Step 1 _____

Step 2 _____

Step 3 _____

Step 4 _____

Step 5 _____



Create a handwashing schedule below with at least four different times of day that you wash your hands with soap and water for good **hygiene**.

Time of Day	Activity: What are you doing before/after handwashing?

Where do you go to WASH your hands?

Draw a map of where you go to WASH your hands in each of the environments below.

My Home 	
My School 	
My Community 	

Handwashing and **cleaning** are a best practice for staying healthy always!

Masks and **physical distancing** are extra **precautions** that we are taking to help protect us from getting infected with COVID-19 and protecting others from us if we have COVID-19.

If you are not feeling sick, why do all of this?

This is how we stop the spread of the COVID-19 virus.

Read on to learn more about:

- WASH [Water Sanitation and Hygiene]
- ways to stay healthy *and*
- protect yourself from the spreading of infectious germs like COVID-19.

Lesson 4: Stop the Spread and Sanitize!

VOCABULARY DETECTIVE

You are tasked with finding the following vocabulary words as you read Lesson 2.

Circle the word as you find them

Underline the definition and context clues that help with the word's meaning

Vocabulary Word	Pronunciation
body waste	/ˈbādē wāst/
cleaning	/ˈklēniNG/
disinfecting	/ˌdisənˈfektɪNG/
sanitation	/ˌsanəˈtāSH(ə)n/
waste	/wāst/
Waste management	/wāst ˈmanɪjmənt/

By practicing WASH, we are looking at ways to keep ourselves healthy and stop the spread of *infectious germs*. WASH is more than just keeping us germ-free from COVID-19 and the pandemic. WASH is a public health practice to keep ourselves and our communities clean and reduce the spread of **infectious germs** at all times!

The **S** in WASH is for **Sanitation**.

Sanitation includes many practices.

Sanitation includes the practices of:

- Keeping our environment clean
- Responsible waste management *and*
- Safe disposal of body waste (pee and poo through use of latrines/toilets)

Practicing **sanitation** helps stop the spread of **infectious germs**.



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Sanitation and Environmental Cleaning

Everything that we touch contains things we can see and things we cannot see. Some of these things are microscopic *germs*.

Take a minute and think about all of the things you have touched recently. What are the surfaces, objects or materials that you've touched? Write down as many as you can:

To prevent infection, it is important that we **clean** and **disinfect** all the areas we come into contact with on a regular basis. You may have written some of these in space above, such as:

Classroom, dining
and library desks,
chairs and tables
Door handles and
push plates
kitchen appliances,
Utensils & cutlery
Water dispensers
Buttons on vending
machines

Toilet/ latrine
handrails
Bathroom and
bathroom sinks
Light switches and
remote controls
Sports equipment
Door and car keys

Shared telephones
Computer
keyboards
Bus and train seats

Elevator and
elevator handrails
Floors, rugs,
carpets

When we **clean**, we are tidying up our environment – be it at home, in school, or in our community.
When we **disinfect**, we are destroying **germs**. To eliminate **germs**, adults use chemicals and an alcohol solution.

As a contributing member to your school community, it is important to help out by **cleaning** (with soap and water or a broom and dust bin) and keeping your school and home community tidy. But using chemicals to **disinfect** is not a school responsibility for students. Disinfectants, if not used properly can be harmful to your health. The use of **disinfectants** to sanitize at school is reserved for adults!

CLEAN	DISINFECT
	
List below at least three ways that you help keep your environment clean. 1. 2. 3.	Who is responsible for disinfecting your school environment? Why is the use of a disinfectant not for student use? *Remember: because a disinfectant is a chemical solution, this type of sanitation is for adult use.

Sanitation and Waste Management

Around the world there are many ways of removing waste. **Waste** is something that is no longer usable or doesn't serve a purpose. And as it has no purpose, we need to throw it away. All communities need a way to make sure waste is removed so the learning environment can remain **clean** and **sanitized**.

We always try to limit the amount of **waste** that we produce.

Here is what can happen when waste is not placed into proper trash receptacles:



What are some problems that you see with the images above?



Aside from looking messy and possibly hurting wildlife, **waste** carries different **germs**. As we have been learning, **infectious germs** can make people sick. It is important that we all do our part, and make sure that if something is **waste**, we throw it away and practice proper **waste management**.

What are some examples of waste that you see in school?

Do you have different bins for waste collection?

Does your school have separate bins for plastic, glass, or food waste?

If so, how do you follow these rules? But most importantly: always throw away tissues used for blowing or wiping your nose, and paper/disposable face masks that you are done using!

Waste Management: a plan for getting rid of garbage, trash, and items no longer of use or serving a purpose
What is your *waste management* plan?

In the space below describe or illustrate how and where do you get rid of waste in your home, school, and community.

My Home 	
My School 	
My Community 	

Sanitation and Bodily Waste Removal (Latrine/Toilet Use)

Just as **waste** can build up around our school and community, our bodies build up **waste** from the food we eat and the drinks we drink. This is called **body waste** and **body waste** come out in the form off pee (or urine) and poo (or excreta). There are a lot of different names for **body waste**. When we need to get rid of **body waste**, we should use a **latrine/toilet**.

The **waste** that comes from our bodies contains **germs**. It is the stuff that our body does not need, because our body is getting rid of this extra, our body waste contains germs.

All around the world, people are responsible for making sure that their body **waste** is placed in a toilet just like trash goes into a trashcan.

Your body tells you when you need to get rid of **body waste**. And as you grow you learn to control this need. Babies to not have this control, but big kids do!

Different communities have different systems for getting rid of **body waste**.

What is your community's system for getting rid of body waste like? Where do you get rid of your pee and poo at home? At school? In your community if you are out in public?

--

Making sure that **body waste** goes into a **latrine** or **toilet** is part of keeping your environment clean!

Draw a map or describe in writing where you go to get rid of **body waste** in your home, school, and community

My Home 	
My School 	
My Community 	

Process of Body Waste Removal

- Your body communicates you need to pee or poo (**body waste removal**)
- Follow your home/school system (let an adult know)
- Go to the latrine/toilet in your home/school/or community that is for body waste
- Privately and neatly make sure that your **body waste** goes into the hole of the latrine/toilet
- Make sure that there is no mess around the outside of the hole of the latrine
 - *If a mess happens, let an adult know and get help with a **disinfectant** to clean the environment
- After using the latrine - WASH your hands with soap and water using the:

5 Steps for Handwashing

1. WET
2. SOAP
3. SCRUB
4. RINSE
5. DRY



There are many different **infections** that can be spread through our poo. You may have heard

of some of them, including cholera, dysentery, typhoid fever, polio, and hepatitis A, to name a few. Diseases that spread through poo can make people very sick, and some people die from them. They can also impact people's ability to work, care for their families and enjoy their lives.

CLEAN LATRINES



Thank you for doing your part to keep yourself and your community sanitized, clean, and reducing the spread of **infectious germs**!

Lesson 5: Water for Health and Hygiene

VOCABULARY DETECTIVE

You are tasked with finding the following vocabulary words as you read Lesson 2.

Circle the words as you find them

Underline the definition and context clues that help with the word's meaning

Vocabulary Word	Pronunciation
non-potable water	/nən 'pɒdəb(ə)l wɒdə, 'wədər/
safe water	/sāf wɒdə, 'wədər/
waterborne disease	/'wədərbôrn də'zēz/

The **WA** in **WASH** is for **water**, and water is important for so many things. Washing hands and washing surfaces. But people also need water to drink to keep their bodies hydrated.

FACT: 70 % of planet earth is made up of water

3% of earth's water is drinkable

FACT: 60% of the human body is made up of water



Every community should have a plan to provide access to **clean** safe drinkable **water** for the people within their communities. **Safe or potable water** comes from a source that may have filtered out germs and other items that may be harmful to your health. Safe and potable drinking water may come from a bottle, water pump, well, or faucet.

Your home or school may need to “treat” the water before you drink it. This means either filtering it to take away harmful germs, or adding chemicals to it to kill germs.

Make sure you know your water source has safe drinking water. WASH is in place to keep you healthy and clean!



Examples of safe drinking water sources:



Draw or write about the sources for clean, safe, and drinkable water in your community.

--

Non-potable water is not for drinking but may be used to clean *surfaces*, for latrines/flushing toilets, and for watering plants.

List at least three different ways that you use water below



1.



2.



3.

What is the harm of drinking non-potable water?

Just like **germs** can be carried on surfaces, and in our poo, **germs** can also be carried in water. And non-potable water is very **germy**.

Non-potable water can make your body sick. Sickness we get from water is referred to as a **waterborne disease**.

These diseases can cause the following **symptoms**:

Fever/chills	Nausea	Diarrhea	Body aches
			

Lesson 6: Plan to Heal the World from COVID-19

How do our communities and our globe heal from COVID-19?

Scientists are working harder than ever with 21st century technology to quickly put an end to COVID-19. Just like we are all in this *pandemic* together, we will need to act together to **stop the spread of germs**.

Vaccines and medicines have been developed to strengthen our **immunity** and help our bodies protect us from severe illness.

Vaccines are products like medicine that help people produce **immunity** from a specific disease, sickness, or virus.

Vaccines are usually administered in the following three ways:

Injection/shot	Mouth	Nose
		

Have you had any **vaccines**?

[Ask an adult how to know if you have had a polio vaccine and any other vaccines]

VOCABULARY DETECTIVE

You are tasked with finding the following vocabulary words as you read Lesson 6.

Circle the word as you find them

Underline the definition and context clues that help with the word's meaning

Vocabulary Word	Pronunciation
immune system	/i'myoon 'sistəm/
immunity	/i'myoonədē/
immunization	/,imyanə 'zāSHən, imyanī 'zāSHən/
vaccine	/vak'sēn/

Immune means to be protected.

The **immune system** is your body's defense and protection against **infections**. When your **immune system** is working well you are protected from getting **infections**.

Immunity is protection against a disease.

Immunization is the process of being made immune to an infectious disease, usually by the administration of a **vaccine**.

Polio and the Story of a Vaccine

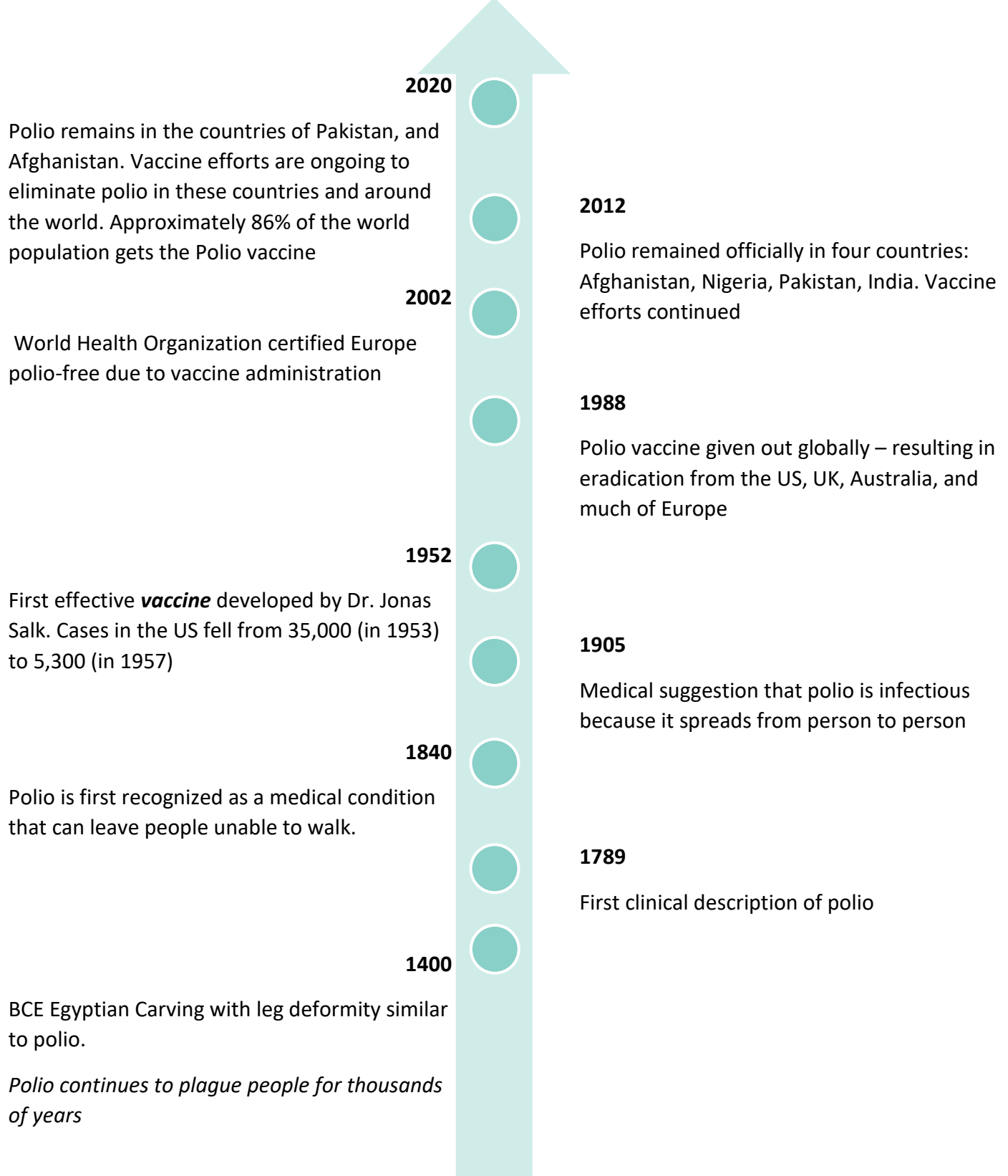
In the not too distant past, an important vaccine was developed to boost **immunity** from the virus called Polio. Polio is highly infectious (like COVID-19) and infected people around the world. People who were infected with Polio became so sick, that sometimes they could no longer walk, and some people did not recover at all. As of the year 2020, Polio is not completely **eradicated** (gone or eliminated).

The countries Pakistan and Afghanistan together with organizations like the CDC, WHO, and UNICEF are still working on educating/teaching people about the importance of the polio **vaccine** and how to **eradicate** polio.

Eradicate defined: put an end to – destroy

One plan for global recovery from COVID-19 is to try to **eradicate** this virus with a **vaccine** that is given to people all over the world.

Polio Timeline



COVID-19 Global Recovery Plan

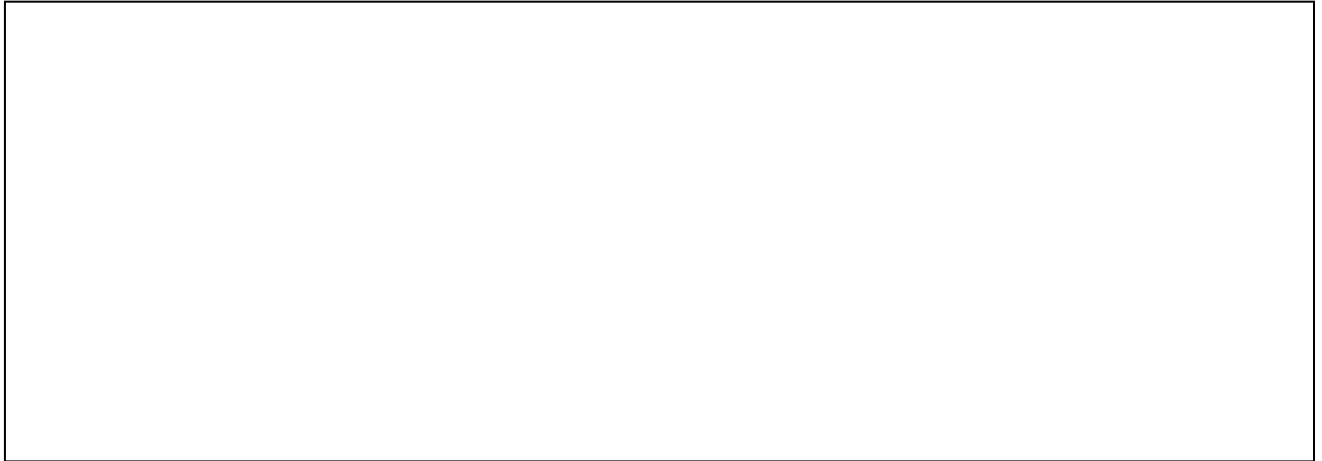


In November of 2020, several vaccine companies announced the development of a COVID-19 **vaccine**. These companies worked with country governments and public health organizations such as the United States Center for Disease Control (CDC), the World Health Organization (WHO), and United Nations International Children’s Education Fund (UNICEF) on distribution of COVID-19 **vaccines** and medicine to the world.

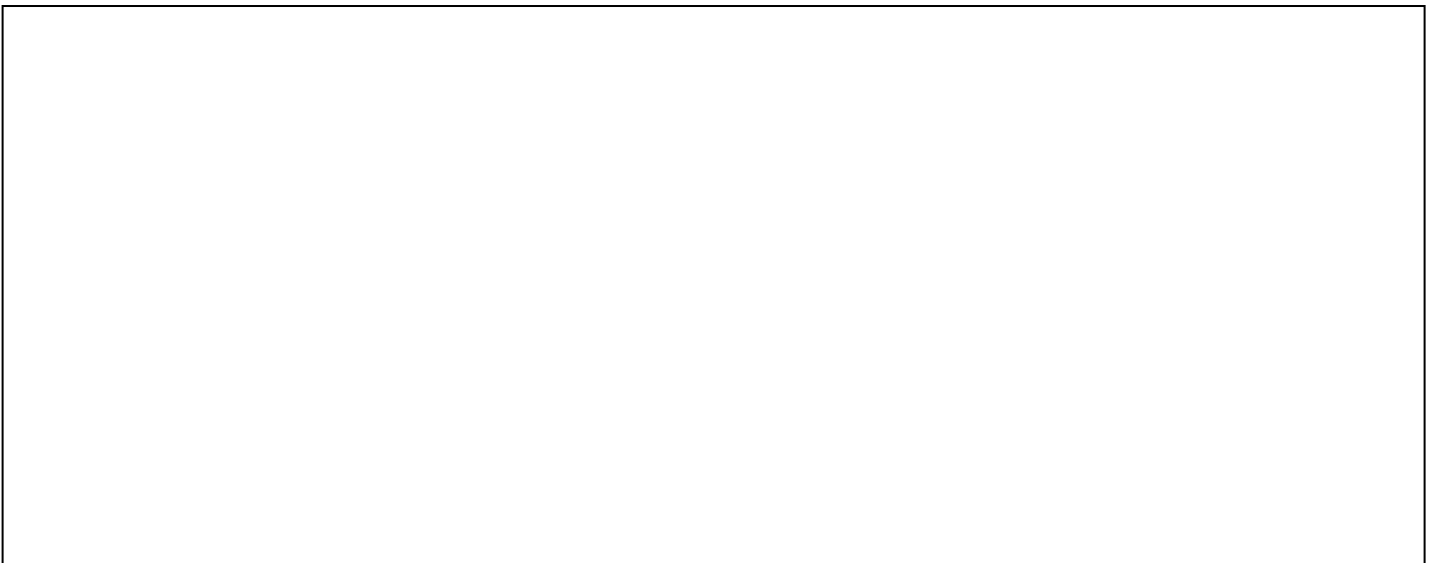
From our story above on polio, you can see that it takes a long time. The COVID-19 **vaccines** that are being produced with historical quickness. The world is a big place, with a growing population of nearly 8 billion (8,000,000,000) people. By practicing WASH, we are learning more about ways to keep ourselves, our family, our friends, and our communities healthy.

It takes you!

What is the step called for putting an end to the COVID-19 worldwide pandemic? How do we work together as a community to end the COVID-19 pandemic?



We've been learning about ways to stay healthy through our lessons. In the space below, write down all you can remember about ways to keep yourself healthy.



How safe are vaccines?

“Vaccines are the safest medicine ever developed. Vaccines are far safer than prescription or non-prescription medications, vitamins, minerals or food supplements.”

- Robert M. Jacobson, MD pediatrician and vaccine researcher, Mayo Clinic Children’s Center in Rochester, Minnesota, USA.

Source: <https://www.sciencenewsforstudents.org/article/covid-19-coronavirus-vaccine-kids-teens>

Lesson 7: Pulling it all together: Action Items for WASH and COVID-19- What can you do?

Until the COVID-19 pandemic comes to an end:	
	✓ Physical distance from those who are not living in your immediate household
	✓ Wear a mask that covers your nose and mouth when with others who are not living in your immediate household
Always	
	✓ Practice WASH daily ✓ Wash your hands with soap and water ✓ Stay healthy by drinking water from a safe source
	✓ Keep your environment clean ✓ Practice responsible waste management ✓ Practice safe disposal of body waste

You can be a leader in keeping yourself, your school, family and community healthy! Here are things you can do:

- Share all that you've learned about water, sanitation, and hygiene (WASH) with your family and friends
- Model good practices, such as sneezing or coughing into your elbow and washing your hands
- Listen to and follow instructions from your school teachers and head teachers on all matters related to COVID-19
- Remind your peers about the importance of good hand hygiene
- Be kind, please don't tease anyone about being sick.

GLOSSARY OF KEY TERMS

Lesson	Vocabulary Word	Pronunciation	Definition
2	asymptomatic	/,āsim(p)tə'madik/	showing no symptoms
4	body waste	/'bādē wāst/	Our bodies build up waste from the food we eat and the drinks we drink. This is called body waste and body waste come out in the form off pee (or urine) and poo (or excreta)
4	cleaning	/'klēniNG/	making something free of dirt, or mess, by washing, wiping, brushing, or tidying
2	COVID19	/,kōvid,nīn'tēn/	a type of coronavirus, a family of viruses that exists in many different forms in both humans and animals. Corona means “crown.” The sticky “crowns” of the germ are what make the coronavirus unique and what help the virus stick to healthy cells inside the body. And the D is for disease. It was originally identified in China in 2019 and became pandemic in 2020.
2	diagnose	/,dīæg'nōs/	to identify a sickness/disease by signs and <i>symptoms</i>
2	diagnosis	/,dīæg'nōsəs/	to identify a sickness/disease by signs and symptoms
2	diagnostic test	/,dīæg'nāstik test/	a test to determine whether someone has a virus (is positive +) or does not have a virus (is negative -)
4	disinfecting	/,disən'fektɪNG/	clean something with a chemical to destroy/kill germs
1	germ(s)	/jərm/	part of our environment and everything that we touch and see.

			Bad germs in our environment can cause virus and disease.
1	hygiene	/ˈhī,jēn/	ways to stay healthy and prevent diseases, especially through cleanliness
6	immune system	/iˈmyōn ˈsistəm/	is your body's defense and protection against infections. When your immune system is working well you are protected from getting sick and infections.
6	immunity	/iˈmyōnədē/	Protection against a disease.
6	immunization	/,imyənəˈzāSHən, ,imyənɪˈzāSHən/	the process of being made immune to an infectious disease, usually by the administration of a vaccine
1	infection	/inˈfekSH(ə)n/	when germs get in your body and make you unhealthy
1	infectious	/inˈfekSHəs/	when someone or something can cause a living thing (people, animals, plants) to become sick by sharing germs
3	mask	/mask/	wearing a covering over your mouth and nose to stop the spread of COVID-19 through the air
1	microscope(s)	/ˈmīkrəˌskōp/	tools used to help see very small objects that may be difficult or even impossible for the human eye to see
5	non-potable water	/nän ˈpōdəb(ə)l wōdər, ˈwādər/	water that may be used for cleaning, latrines, planting, but is not safe for drinking
2	pandemic	/panˈdemik/	a sickness or disease that is widespread – covering a whole country, continent, or the world

3	physical distance	/'fizik(ə)/ /'distəns/	keeping space between yourself and others to stop the spread of COVID-19 through the air
2	precaution(s)	/prə'kôSH(ə)n/	doing something in advance to keep something dangerous, unpleasant, or inconvenient from happening – in the case of COVID-19 – steps that you take to stop the spread of the virus and protect yourself, friends, and family from getting sick.
5	safe water	/sāf wôdər, 'wädər/	Safe or potable water comes from a source that may have purified or filtered out germs and other items that may be harmful to your health
4	sanitation	/,sanə'tāSH(ə)n/	Sanitation includes the practices of: • Keeping our environment clean • Responsible waste management and • Safe disposal of body waste (pee and poo through use of latrines/toilets)
1	symptom	/'sim(p)təm/	a sign that something might be wrong, especially with our health ex. fever, nausea, headache
6	vaccine	/vak'sēn/	a substance used to stimulate the production of antibodies and provide immunity against one or several diseases
	WASH		UNICEF/WHO program promoting the following: Access to clean drinking water, healthy sanitation practices, good hygiene practices
4	waste	/wāst/	something that is no longer usable or serves no purpose

4	Waste management	/wāst 'manijmənt/	a plan for getting rid of garbage, trash, and items no longer of use or purpose
5	waterborne disease	/'wādərbôrn də'zēz/	sickness from non-potable drinking water

SUMMATIVE ASSESSMENT

1. Circle the word that describes a symptom of being sick.

eating playing running vomiting

2. List three symptoms of feeling sick

3. Who do you go to if you are not feeling well?

a. an adult b. a friend in class c. a baby brother/sister

4. Because of COVID-19, you need to maintain physical distancing from friends who do not live in your home.

TRUE FALSE

5. What do you do when you are healthy?

a. eat b. play c. go to school d. all of the above

6. COVID-19 is a worldwide pandemic

- a. true b. false

7. Germs are everywhere and some germs cause infections.

- a. true b. false

8. COVID-19 was first detected as a disease in the year 2019.

- a. true b. false

9. Everyone who is infected with COVID-19 will have symptoms.

- a. true b. false

10. Select the ways to help stop the spread of COVID-19.

- a. cover you cough and sneeze b. practice good hand hygiene
- c. wash and disinfect surfaces d. all of the above

11. *Vaccines* are developed to help stop the spread of disease. Scientists have worked hard to develop a *vaccine* for COVID-19

- a. true b. false

12. You know if you have been infected with COVID-19 if you have a fever and a cough.

- a. true b. false

13. Identify the 5th step in the handwashing process.

a. dry hands b. go to school c. eat lunch d. play

14. When do you wash your hands?

a. before eating b. after going to the bathroom c. after touching dirty surfaces
d. all of the above

15. List at least three adults who can help you if you are feeling sick:

16. List at least three symptoms of COVID-19.

17. To stop the spread of COVID-19 it is recommended to cover your cough/sneeze and wear a face covering in public.

True False

18. Physical distancing is dancing and holding peoples' hands and hugging to stop the spread of COVID-19.

True False

19. I practice physical distancing in school by _____.
(Complete this statement with at least one thing that you do).

20. I show responsible waste removal habits by placing my trash/waste in the _____.

21. Trash can spread germs when left out.

True False

22. Draw/illustrate or describe two different locations where you throw away trash/remove waste in your school building/classroom.

23. I help keep my classroom and community clean by _____, _____, and _____.
(List at least three things that you do).

24. If the latrine is not clean, and I do not wash my hands after using the latrine, germs could spread, and I could get very sick.

True False

25. Drinking water that comes from _____ is safe for drinking.
(Fill in the blank with a clean/potable water sources in your school/community)

26. Immunity means _____ when a germ of an infectious disease tries to get your sick.