

**Learn. Disrupt. Rebuild@HWDSB – Building a Community of Care
Module 1 – Physical Safety, Mental Health and Wellness**

Lesson #1. - Covid 19 – Sorting Out the Symptoms (Primary)

Learning Goal: To identify the symptoms of Covid 19 and what steps to follow if feeling sick at school or at home.

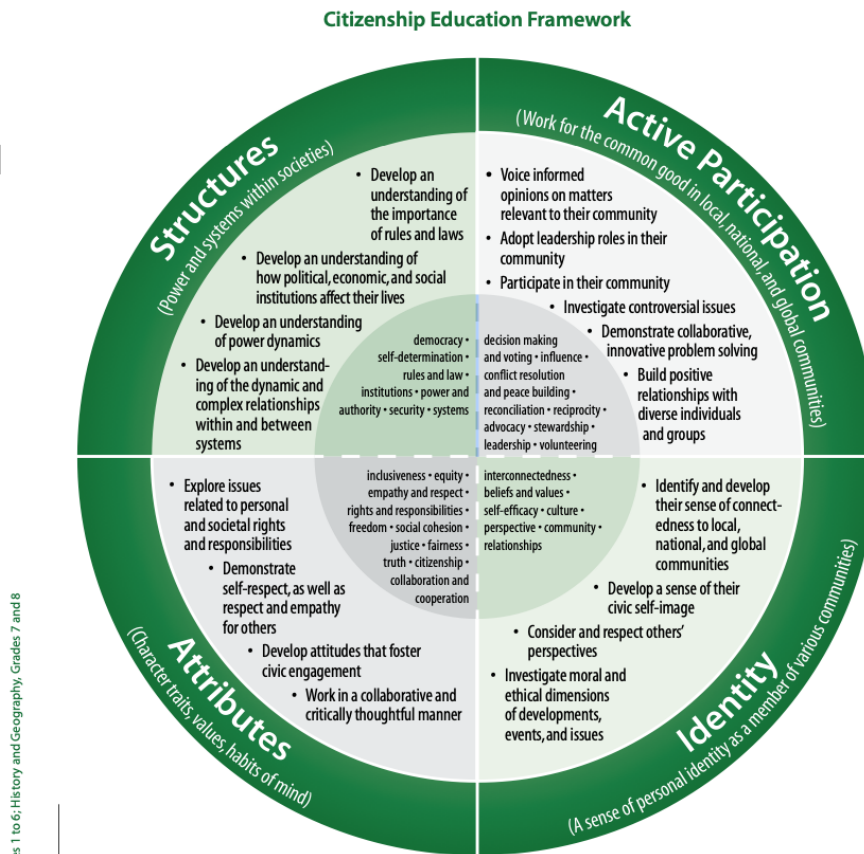
Key Vocabulary:

Covid 19 - is a disease caused by a new strain of coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV'. (www.who.int)

Symptoms - A physical or mental problem that a person experiences that may indicate a disease or condition. (www.cancer.gov)

Curriculum Links:

**The Ontario Curriculum, Social Studies (History and Geography), Grades 1-8
Citizen Education Framework:**



This lesson builds on students developing the attributes for social studies education, being able to work in a “collaborative, and critically thoughtful matter.” Students will evaluate the accuracy of websites and articles for scientific information versus editorial and false information about COVID-19.

Tools and Materials:

- Video [What are COVID-19 Symptoms in Kids](#)
- Chart paper for anchor charts
- HWDSB health precaution signage about COVID-19 Screening

Educator Pre-Reflection:

Before engaging in this lesson, consider/think about...

- Why is important to know the symptoms of COVID-19?

Student Pre-Reflection:

Before you begin, think about...

- Why is important to know the symptoms of COVID-19?
- What should I do if I feel sick at home or at school?

Provocation:

Watch the video [What are COVID-19 Symptoms in Kids](#) with students from CBC Kids News. Ask students if they have any questions regarding COVID-19 after watching the video. Write down their questions and wonderings on chart paper for further inquiry at a later time.

Learning Task/Activity:

Teacher prompt: Take a look at this list of 20 symptoms.

On an anchor chart, display the following list of symptoms:

- Sweating
- Nervousness
- Fever (Temperature above 38.7 degrees Celsius)
- Worsening Cough
- Itchy feet
- Pink Eye
- Runny Nose
- Blisters in ears and nose
- Loss of Taste
- Loss of Smell
- Loss of Hearing

- Diarrhea
- Vomiting
- Stomach pain
- Sore Throat
- Difficulty Breathing
- Nasal Congestions
- Unexplained or increased number of falls
- Chills
- Headaches
- Barking Cough
- Fatigue
- Delirium
- Dry Skin
- Purple hands and feet
- Blood clots in the body

Show students COVID 19 Screening Signs from various locations (Large images attached to lesson)

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STOP COVID-19

DO YOU HAVE ANY OF THE FOLLOWING?

COMMON SYMPTOMS:

- Fever (temperature of 37.8 C or greater)
- New or worsening Cough
- Shortness of breath

OTHER SYMPTOMS OF COVID-19:

- Sore throat
- Loss of taste or smell
- Difficulty swallowing
- Nausea/vomiting, diarrhea, abdominal pain
- Runny nose, or nasal congestion – in absence of underlying reason such as seasonal allergies or post nasal drip
- Chills
- Headaches
- Croup
- Conjunctivitis (pink eye)

Have you had close contact with someone who has been diagnosed with COVID-19 or had close contact with a confirmed case of COVID-19 without wearing appropriate PPE in the last 14 days?

Have you had contact with anyone with acute respiratory illness who travelled outside of Canada in the last 14 days?

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS, GO HOME & SELF-ISOLATE RIGHT AWAY. GET TESTED FOR COVID-19.

hamilton.ca/coronavirus

CORONAVIRUS

2-14 DAY INCUBATION PERIOD

2019-nCoV NO VACCINE

SYMPTOMS

PAINFUL CONDITION

CHILL

FEVER

SINUSITIS

CHEST PAIN

COUGH

PREVENTION

MEDICAL MASK

AVOID ANIMALS

AVOID CONTACT WITH OTHERS

WASH HANDS WITH SOAP

NOT TRAVEL WHILE SICK

COOK & FRY MEAT WELL

CORONAVIRUS 2019-nCoV

SYMPTOMS

FEVER

COUGH

SHORTNESS OF BREATH

SORE THROAT

HEADACHE

SOURCE: SHUTTERSTOCK

Prompt: “Take a look at each of these infographics: what symptoms do they have in common with the list? Which ones are different from the list?”

Create a T-chart graphic organizer with the headings “COVID-19” and “Other diseases.” With students sort the symptom from the list than are also on the infographics in the *COVID-19* column. Cross out each symptom from the list as you place them in that column. Write the ones that are NOT on the infographics in the “Other diseases” column.

Teacher prompt: Scientists are working on learning more about COVID-19 every day to find a vaccine. Their research might find other symptoms which may have to be added to the chart as they learn more.

Consolidation:

Teacher Prompt: *Now that we know the symptoms of COVID 19, it is important for us to monitor ourselves daily if we are feeling unwell. We have a responsibility to take care of ourselves and each other. How can we make it safe for someone in our class to share that they are feeling sick, without shaming or embarrassing them?*

The ideas generated from this discussion can be written into a class agreement that students can sign to remind them of the process the class outlined for COVID-19 self-screening.

Student/ Educator Post-Reflection:

The main idea I want to remember or take away from this lesson is...
My next step is...
I need to learn more about...
I am feeling...

Ideas for Going Deeper/Further Resources:

Students can create a community campaign to encourage empathy for people living with COVID-19/ isolating in their community.

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