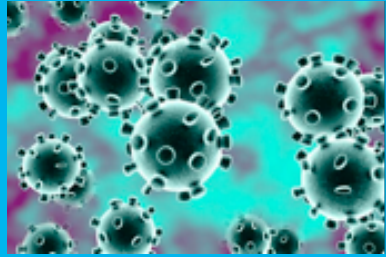


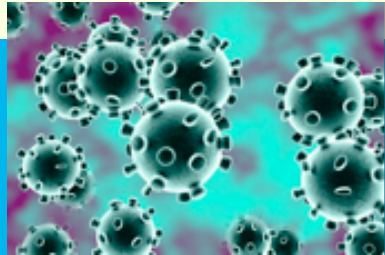
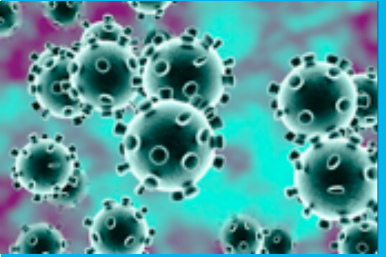
2020

Life Orientation

GRADE 12



**COVID-19
HANDOUT**



DEBRIEFING AND SETTING THE SCENE

INTRODUCTION

The most important truth about COVID-19 is that it does not discriminate between **CLASS, RACE, COLOUR, AGE, RICH OR POOR...**

Martin Luther King said:

“We may have all come on different ships, but we're in the same boat now”

DEBRIEFING AND SETTING THE SCENE

“The way is long – Let us go **TOGETHER**.
The way is difficult – Let us **HELP** each other.
The way is also JOYFUL – Let us **SHARE** it.
The way is growing – Let us **BEGIN**”

**TOGETHER ---
WE CAN DO THIS**



WHAT IS COVID-19?



It is a disease caused by SARS-CoV-2 that can trigger a **respiratory tract infection**. It can affect your upper respiratory tract, i.e. sinuses, nose and throat, or lower respiratory tract, i.e. windpipe and lungs.



THE MAIN SYMPTOMS OF COVID-19

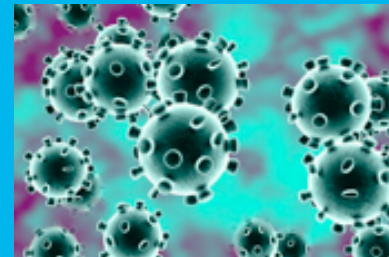
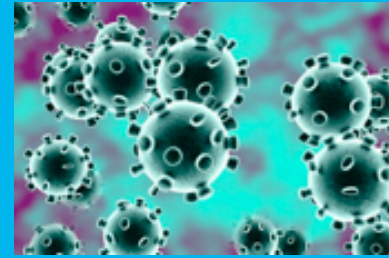
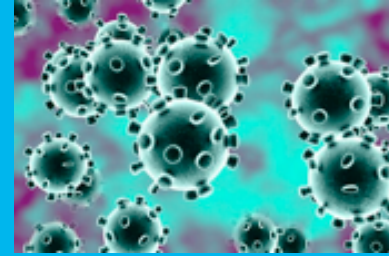
Fever, Coughing, Shortness of breath, Trouble breathing, Fatigue, Chills, sometimes with shaking, Body aches, Headache, Sore throat, Loss of smell or taste, Nausea, Diarrhea

The virus can lead to **Pneumonia, Respiratory failure, Septic Shock** (a life-threatening drop in blood pressure) and **Death**.

COVID-19

**WORLD HEALTH
ORGANISATION**

**Protect yourself and
others from getting sick**



GENERAL INFORMATION-----FACTS & MYTHS

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



World Health
Organization

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



World Health
Organization

Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



World Health
Organization

Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



World Health
Organization

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves.

If you then touch your face, the contamination goes from your glove to your face and can infect you.

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



Be **SMART** if you develop
shortness of breath:



Call your doctor



Seek care immediately!

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health
Organization

Be **SMART** & inform yourself about #coronavirus



Follow accurate public health advice
from WHO & your local health authority



Follow the news on latest
coronavirus updates



To avoid spreading rumors, always
check the source you are getting
information from



Don't spread rumors

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health
Organization



Be **SAFE** from #coronavirus

if you are 60+ or if you have an underlying condition like:



Cardiovascular disease



Respiratory condition



Diabetes

by avoiding crowded areas or places where you might interact with people who are sick.

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health
Organization



Be **KIND** to support loved ones during #coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health
Organization



Be **KIND** to address stigma during #coronavirus



Share the latest facts & avoid
hyperbole



Show solidarity with affected
people



Tell the stories of people who have
experienced the virus

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health
Organization



Be **KIND** to address fear during #coronavirus



Show empathy with those affected



Learn about the disease to assess the risks



Adopt practical measures to stay safe

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19



UNITED NATIONS



World Health
Organization



World Health
Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For ill people

If you are ill with
fever and cough



Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.



All members of the household



Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.



Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.



Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

How should I wash and dry clothes, towels and bed linen, if **someone** in my household is a **suspected or confirmed COVID-19 patient**?



- Wash the patient's clothes, towels and bed linen separately.
- If possible, wear heavy-duty gloves before handling them.
- Never carry soiled linen against your body; place soiled linen in a clearly labelled, leak-proof container (e.g. bag, bucket).
- Scrape off solid excrement (e.g. faeces or vomit) with a flat, firm object and dispose of in the patient's toilet before putting linen in the designated container. Place the excrement in a covered bucket to dispose of in the toilet, if this is not in the patient's room.
- Wash and disinfect linen: Machine wash at 60-90°C with laundry detergent. Alternatively, soak linen in hot water and soap in a large drum, using a stick to stir, avoiding splashing. If hot water is not available, soak linen in 0.05% chlorine for approximately 30 minutes. Rinse with clean water and let linen dry in the sunlight.
- Do not forget to wash your hands at the end of the process.

Can COVID-19 be spread through coins and banknotes?



There is currently no evidence to confirm or disprove that COVID-19 virus can be transmitted through coins or banknotes.

However, respiratory droplets expelled from an infected person can contaminate and persist on surfaces.

Wash your hands regularly and thoroughly after touching any frequently-touched surface or object, including coins or banknotes. Avoid touching your eyes, mouth and nose, if your hands are not cleaned.

How can I grocery shop safely in the time of COVID-19?



When grocery shopping, keep at least 1-metre distance from others and avoid touching your eyes, mouth and nose. If possible, sanitize the handles of shopping trolleys or baskets before shopping. Once home, wash your hands thoroughly and also after handling and storing your purchased products.

There is currently no confirmed case of COVID-19 transmitted through food or food packaging.

How should I wash fruit and vegetables in the time of COVID-19?

Wash them the same way you would in any other circumstance.

Before handling them, wash your hands with soap and water.

Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.



Before you speak: **T.H.I.N.K.**

T is it **True**?

H is it **Helpful**?

I is it **Inspiring**?

N is it **Needed**?

K is it **Kind**?



#STAYSAFE

#STAY POSITIVE

**YOU'VE
GOT
THIS
CLASS
OF
2020**



RESOURCES FOR INFORMAL/ FORMAL ASSESSMENT

QR-CODES:

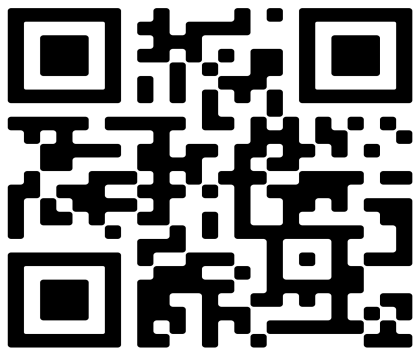
Download QR Code Reader onto phone to scan and access the applicable information in this document

NEWS ARTICLES:

Could be used as stimuli for informal or formal assessment

COVID-19 ONLINE QUIZ

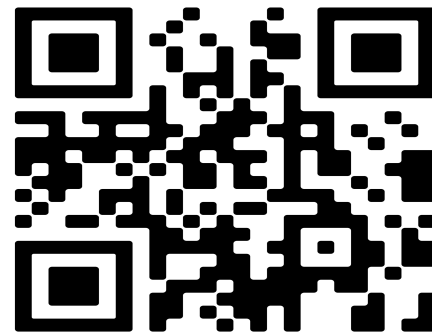
<https://www.avert.org/take-our-covid-19-quiz>



Scan me

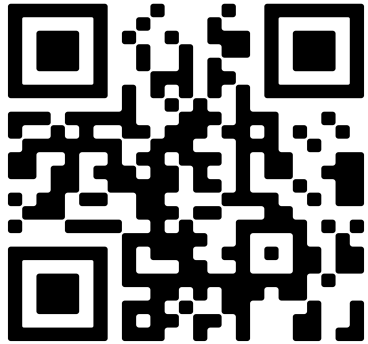
ONLINE VIDEO: COVID-19 GENERAL INFORMATION

<https://www.youtube.com/watch?v=mOV1aBVYKGA>



FIGHT THE COVID-19 STIGMA

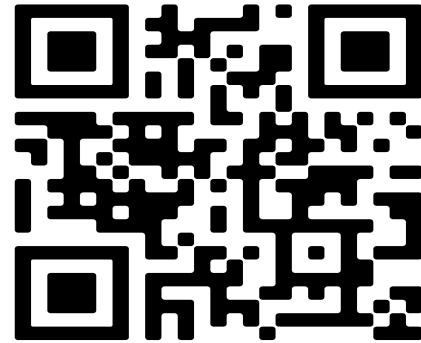
<https://www.youtube.com/watch?v=vinh0lIG1p0>



WATCH NOW

COVID-19 AND MENTAL HEALTH

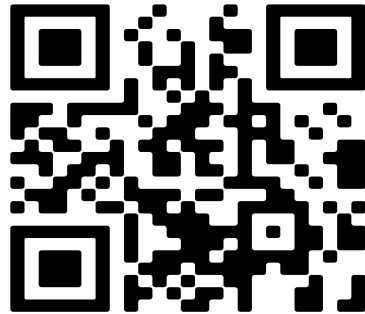
<https://www.youtube.com/watch?v=zDx1LKkk5c4>



WATCH NOW

VISUALISATION: DAILY INFECTIONS BY PROVINCE

https://public.flourish.studio/visualisation/1642302/?utm_source=showcase&utm_campaign=visualisation/1642302



SCAN ME

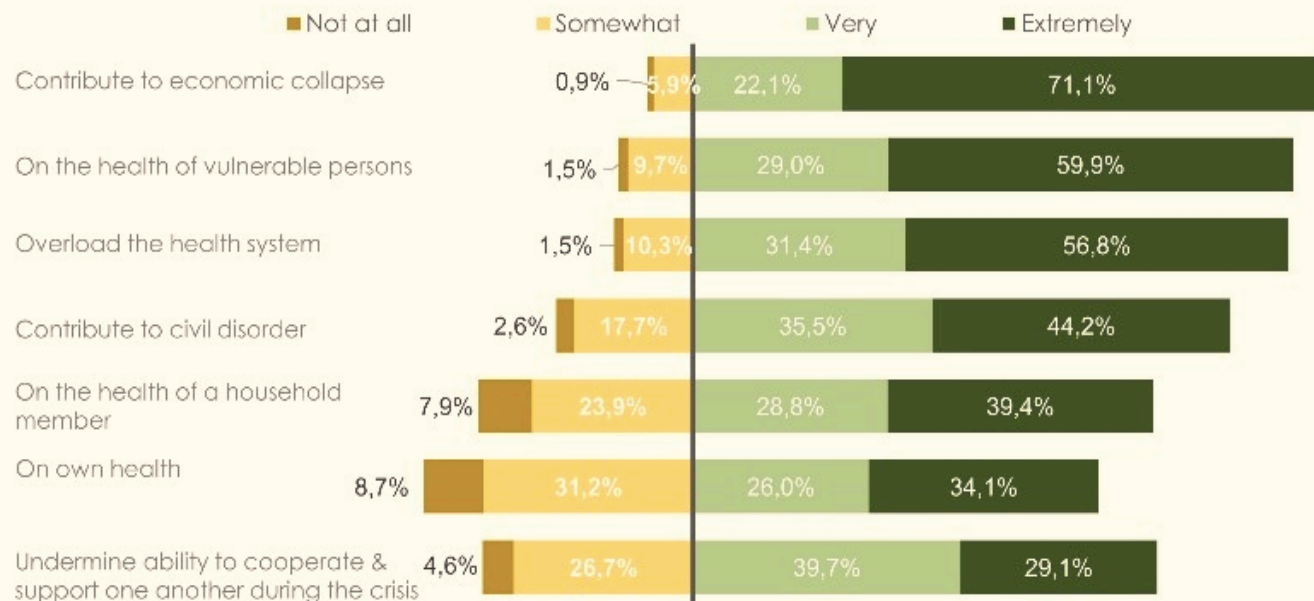
COVID-19: Greater concern about economic collapse

Statistics South Africa (Stats SA) has embarked on a series of three online surveys to measure the impact of the COVID-19 pandemic on households in the country. This report is the first wave in the series and focuses on health-related aspects in terms of behaviour, knowledge and perceptions with regard to COVID-19. The survey was conducted online on the Stats SA website and was open to any person who wanted to participate and who could access and complete the survey. This is the first survey that Stats SA conducted using the convenience sampling approach. The number of responses obtained for the survey was 3 591, which is, in itself, not representative of the general population of South Africa

The survey, [Behavioural and health impacts of the COVID-19 pandemic in South Africa](#), reveals that a greater percentage of respondents are worried about the possible economic collapse caused by the COVID-19 pandemic. 93,2% indicated that they are very or extremely concerned about the possible economic collapse; 88,9% are concerned about the health of vulnerable people like elderly family members; 88,2% are concerned about the overload of the health system and 79,7% are concerned about the civil disorder that may result as a consequence of the COVID-19 virus.

A greater percentage of people (93,2%) are very/extremely worried about the possible economic collapse caused by the COVID-19 virus.

Concern about the impact of COVID-19



Source: Behavioural and health impacts of the COVID-19 pandemic in South Africa

SA's household income drastically decreased by Covid-19

Almost eight in 10 South Africans say their household income has been cut by the Covid-19 pandemic, while one in ten had already lost their jobs, according to new research from consumer credit reporting agency, TransUnion.

An additional 7 percent of South African adults expect their household income will suffer in the future, a statement said yesterday. Economists have predicted substantial job losses and business closures due to the effects of the Covid-19 lockdown on the economy. TransUnion's research found that some generations, particularly millennials, were more impacted financially by the pandemic than others.

While 89 percent of consumers who had less income from the effects of the pandemic were concerned about paying their bills, this increased to 92 percent for millennials and 95 percent for Gen X.

Some provinces were impacted by the job losses more than others, with the figure at 12 percent of respondents for the Western Cape, 11 percent for the North West and 10 percent from KwaZulu-Natal and Gauteng, respectively, with the younger generations more acutely affected by job loss.

Twenty-nine percent of South African consumers said they planned to use their savings to pay current bills. A smaller number (22 percent) said they would borrow money from a friend or family member.

Twenty-seven percent did not know how they were going to pay their bills or loans and 33 percent would only pay a partial amount that they could afford. Two in five had already reached out to companies they have accounts with to discuss payment options.

Adapted from: <https://www.iol.co.za/business-report/economy/south-africas-household-income-dramatically-decreased-by-covid-19>,

Accessed on 15.05.2020

Covid-19 lockdown provides 'perfect storm' for SA's GBV crisis

Women and children are targets for Covid-19 related frustrations as reports of gender-based violence increase during the lockdown period.

Across the country, civil society groups, gender-based violence advocacy organisations and other social justice groups have reported an increase of incidents related to violence against women and children, and a heightened demand for emergency shelters.

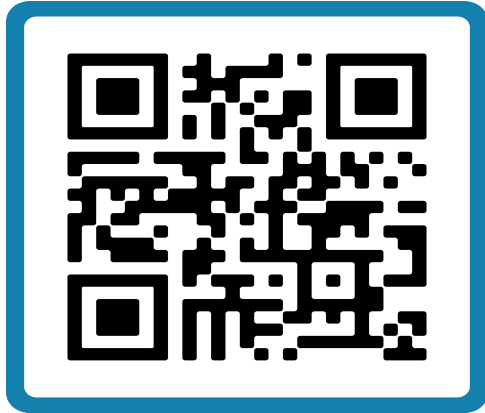
“Over the past 26 days we have received a higher number of calls and reports from police which are related to gender-based violence. This can be linked to the lockdown because children are not going to school and couples are spending more time together at home. More people are losing their income and this has increased their frustration which is now being released on their partners. The number of people calling the centre to ask for help and guidance with domestic violence issues has also increased,” van der Berg says.

While the rhetoric around abuse and gender-based violence, is often inaccurately misattributed to strangers being the primary perpetrators of abuse and sexual violence, van der Berg says during this period, there's been an increase in the number of children and teenagers raped and abused by close family members. “An unusual number of teenagers who were raped by uncles and cousins have also been brought to me by the police. It is really sad because these are the people who are supposed to be taking care of these kids, but instead they are hurting them.”

Adapted from: <https://health-e.org.za/2020/04/29/covid-19-lockdown-provides-perfect-storm-for-sas-gbv-crisis/>, Accessed on 15.05.2020

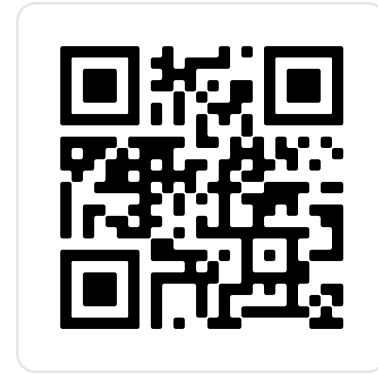
Covid-19 hitting the poor the hardest

<https://www.iol.co.za/saturday-star/covid-19-hitting-the-poor-the-hardest-46175813>



COVID-19: The Impact and Role of Mass Media

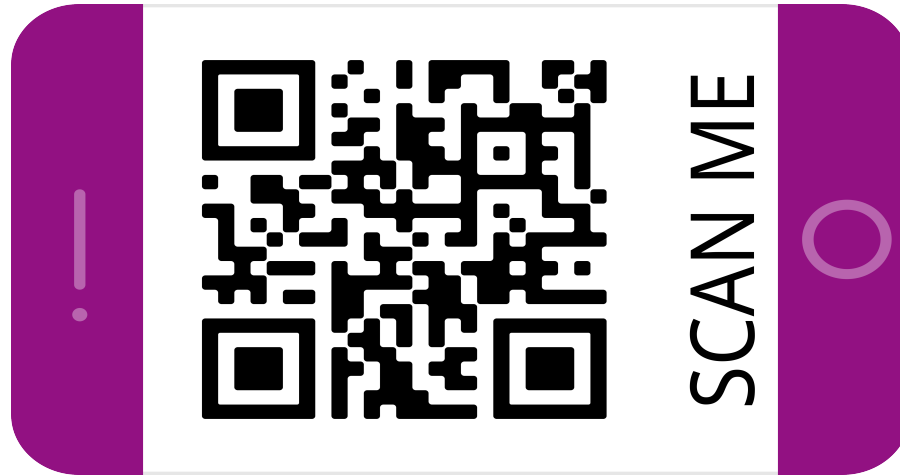
<https://www.frontiersin.org/research-topics/13638/coronavirus-disease-covid-19-the-impact-and-role-of-mass-media>



SCAN ME

Khayelitsha Covid-19 patient, family 'rejected by community'

<https://www.iol.co.za/capetimes/news/khayelitsha-covid-19-patient-family-rejected-by-community-45812610>



GRADE 12 EXEMPLAR QUESTIONS AS A GUIDE TO SETTING FORMAL OR INFORMAL ASSESSMENT TASKS

*IMPORTANT NOTE TO TEACHER WHEN SETTING QUESTIONS FOR FORMAL ASSESSMENT:

- Find an appropriate text and adapt it by, e.g.:
 - ① Including specific CAPS concepts/terminology
 - ② Removing unnecessary information or information that may not be relevant to the questions
 - ③ Removing information that includes answers to your questions
- The stretch of a particular stimulus will depend on the type of Written Task presented, e.g. a *Source-based task requires a longer source, whereas Case studies could include shorter texts/articles, etc.*
- The core instruction of each question must be **linked to specific CAPS content**, i.e. **no** general knowledge questions, e.g. *What is COVID-19? What are the symptoms of COVID-19?*
- Questions must include a spread of the **various cognitive levels** as per CAPS requirements
- Follow the trend of the CAT exam questions in order to prepare learners for the **type** of questions they could expect in examinations/formal assessment tasks

EXEMPLAR QUESTIONS

- Define the term *crises* and explain why a pandemic such as COVID-19 could be regarded as a health crisis. (1+2)(3)
- Explain how irresponsible human behaviour may contribute to the spread of a pandemic such as COVID-19. (1x2)(2)
- Discuss ONE possible emotional effect that a pandemic, such as a COVID-19 could have on people who have contracted the virus. (1x2)(2)
- Assess how relaxation and recreation activities could improve your emotional well-being when having to practice social distancing. (2x2)(4)
- Suggest TWO practical strategies that you could abide by to prevent yourself from spreading fake news about a life-threatening disease such as COVID-19. Motivate EACH answer. (2x2)(4)

GRADE 12 MARKING GUIDELINE TO EXEMPLAR QUESTIONS

Define the term *crises* and explain why a pandemic such as COVID-19 could be regarded as a health crisis.

Definition:

Crises are:

- Unexpected events/incidents that create high levels of uncertainty and threat or perceived threat. (✓)
- Emergency situations/calamities/disruptions that may have devastating effects.(✓)
- *Any of the above responses for ONE mark.* (1)

Explanation:

COVID-19 could be regarded as a health crisis since...

- it poses a serious threat to people's health, (✓) which could lead to fatalities/death/a loss of lives. (✓)
- lockdown measures promotes social distancing(✓) leading to those who may require treatment/medication unable to access transport readily to get the required help they need. (✓)

...Continue

- healthcare workers in local clinics/hospitals may get infected(√)and these facilities may be limited/closed to those who require services at the time. (√)
- the pandemic has caused many people to lose their jobs (√) leading to a limited budget to spend on healthcare. (√)
- poor people may be unable to access food (√) and this may compromise their health/immune systems. (√)
- some people may become afraid/paranoid/anxious/uncertain about life (√) resulting in too many requiring psycho-social assistance. (√)
- lack of/inaccessibility of the required Personal Protective Equipment (PPE) (√) may result in more and more people becoming infected. (√)
- increases in infection throughout the country (√) may result in the inability of the healthcare system to provide care and support to all infected people. (√)
- *Any ONE of the above responses* for TWO marks. (1x2)

Explain how irresponsible human behaviour may contribute to the spread of a pandemic such as COVID-19.

If people...

- don't practice good respiratory, hygiene and hand-washing techniques (✓) then it may lead to an uncontrollable spread of infection. (✓)
- don't practice social distancing and self-isolation or quarantine (✓) then they may infect others they may come into contact with/get infected by others who may be asymptomatic. (✓)
- are not honest about symptoms and infected contacts (✓) then this may lead to an increase in the spread of infection which otherwise could have been prevented. (✓)
- don't use fabric masks and waste medical masks (✓) then they may put essential workers at greater risk, which could lead to a greater spread in infection. (✓)
- spread fake news/ignore or disregard government restrictions (✓) then it could encourage myths that may counteract flattening the curve. (✓)
- *Any ONE of the above responses* for TWO marks. (1x2)

Discuss ONE possible emotional effect that a pandemic, such as a COVID-19 could have on people who have contracted the virus.

- If infected, a person may become fearful/ fear for their life (✓) as they become more aware that the disease is spreading and the death toll is increasing globally. (✓)
- The elderly or immunocompromised people may become more afraid/ may develop psychological disorders (✓) as they constantly worry about becoming infected more easily than others. (✓)
- A person may also become anxious/ fear for the lives of their family members (✓) especially those elderly and vulnerable as they become aware that the disease is spread easily at close contact. (✓)
- A person may become worried/scared thinking (✓) about the outcome of their health and the amount of time they will be away from their family /or away from work i.e. no work/ no pay. (✓)
- A person may face discrimination/stigmatization in society and may feel lonely/ depressed (✓) as the virus and self- isolation may not be well understood by many and they may be shunned by family and friends. (✓)
- *Any ONE of the above responses* for TWO marks. (1x2)(2)

Assess how relaxation and recreational activities could improve your emotional well-being when having to practice social distancing.

- Relaxing with members of your household would be a good way to keep your mind calm (✓) as you would be more relaxed amongst people you know. (✓)
- Engaging in recreational activities and not watching the news or staying on social media too long (✓) may keep the mind restful and not emotionally charged. (✓)
- Staying active: doing yoga, practicing meditation, dancing or singing (✓) could help you relax and remain positive about your life as you get in touch with your inner self. (✓)
- Doing arts and crafts are both relaxing/inspiring and motivating (✓) and this creative energy may keep the mind active and focused on creative goals. (✓)
- Family activities like cards or board games will help you stay positive (✓) and keep your mind occupied on building healthy relationships within the family. (✓)
- Reading/studying/doing crossword puzzles/ playing games/taking quiet moments(✓)may help keep the mind active/calm and emotionally stable. (✓)
- Learning a new skill (✓) may keep you stimulated and keep you positively engaged in achieving a personal goal. (✓)
- *Any ONE of the above responses for TWO marks each.* (2x2)(4)

Suggest TWO practical strategies that you could abide by, to prevent yourself from spreading fake news about a life-threatening disease such as COVID-19. Motivate EACH answer.

- Research information; (✓) if you research any news then you will find supporting news or news that indicate your information is either true or false. (✓)
- Follow approved government or international sources to get the latest and most accurate information on the disease e.g. World Health Organization, Centres for Disease Control and Prevention, Dept. of Health (✓) then you would not forward false information. (✓)
- Do not listen to or forward rumors (✓) as people often miscommunicate information and so it is best to get the relevant information from a reliable source.(✓)
- Avoid panic and mass hysteria (✓) because when people are really anxious then they spread false news faster. (✓)
- Take time to rationalize any information before you are overcome with it (✓) so that you may respond in a sensible/thoughtful/mindful way. (✓)
- *Any ONE of the above responses for TWO marks each.* (2x2)(4)

USEFUL CONTACTS DURING LOCK-DOWN

ENGLISH



IF YOU ARE WORRIED YOU HAVE COVID-19

Covid-19 National Hotline
Western Covid-19 Cape hotline
Gauteng Covid-19 hotline

0800 029 999
021 928 4102
0800 428 8364



IF YOU ARE AT RISK OF VIOLENCE OR ABUSE AT HOME

Gender Based Violence
command centre

Urgent victim response line

0800 428 428 or
*120*7867#

0800 150 150



IF YOU FEEL OVERWHELMED OR DEPRESSED

South African Depression and
Anxiety Group
WhatsApp Chat Line

076 882 2775



IF YOU ARE VICTIM OF A CRIME

South African Police Service

08600 10111
or 10111



IF YOU NEED LEGAL ADVICE

Legal support hotline

066 076 8845



IF YOU WANT TO REPORT ABUSE BY POLICE OFFICERS

Independent Police
Investigative Directorate
Eastern Cape
Free State
Gauteng
Limpopo
KwaZulu-Natal
Mpumalanga
Northern Cape
North West
Western Cape

082 592 9888
063 225 6081
076 455 5718
078 871 4811
079 895 2741
072 881 4196
064 624 8203
078 163 6874
073 890 1269

• BE KIND •
• WORK •
• HARD •
• STAY •
• HUMBLE •

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CHADWICK

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