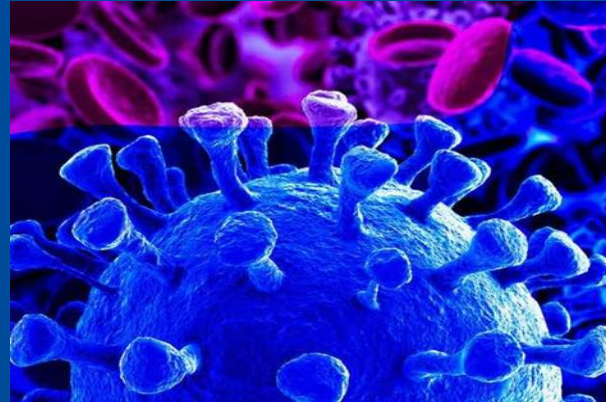


LIFE ORIENTATION

Topics : Study Skills and Social and Environmental Responsibility



Grade 11

Term 2 Week 1, 3



GAUTENG
PROVINCIAL GOVERNMENT
REPUBLIC OF SOUTH AFRICA

Compiler: Thekiso J.S

District: Tshwane West

Kuyasheshwa - "Gauteng working better"

OVERVIEW OF TOPICS

WEEK 1

1. Introduction :Psychosocial issues because of COVID- 19.
2. Debriefing and setting of the scene: Counselling, Grieving and Care and support to the victim and family/ friends/ peers etc.
3. Preparation of the working space (Dos and Don'ts of COVID- 19)
- 4.Facts about COVID-19
- 5.Identification, support, and care for victims of COVID-19
- 5.Background to Coronavirus:
 - 5.1.What is COVID-19
 - 5.2.Symptoms
 - 5.3.How does it spread?



OVERVIEW OF TOPICS

WEEK 1

5. Background to Coronavirus:

5.4. Who is most at risk?

5.5. Treatment

5.6. Preventative measures

5.7. How can the spread be slowed down

5.8. Tracing the spread of the virus

5.9. Socio-economic effects on communities

5.10. Counselling and Psycho-emotional support services to sufferers, victims and family



TERM 2 : WEEK 1 - INTRODUCTION

TOPIC:

Psychosocial issues because of COVID- 19

- **Debriefing and setting of the scene**
- **COVID-19 has caused universal psychological impact by causing mass hysteria, economic burden and financial losses.**
- **COVID -19 has produced acute panic, depression, post-traumatic stress disorder and has disrupted the learner's usual lifestyle.**

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19

- **Debriefing and setting of the scene :Counselling, Grieving and Care and support to the victim and family/friends/peers etc.**
- **Quote by Winston Churchill, 1942 “ Now this is not the end. It is not even the beginning of the end. But it is ; the end of the beginning”**
- **During Alert / Level 3, the restrictions have been relaxed but this is not the end of the incident but movement into a new stage.**
- **Schools were given no choice but to close down**

TERM 2 : WEEK 1 - INTRODUCTION

- **Pandemics happen reasonably often although in different settings.**
- **Government choose a different response strategy to combat the challenge.**
- **We must all acquire the skills of adoption, invasion and tolerance for uncertainty**
- **What level of planning did your school have in place before the pandemic?**
- **What have we learned from the overall response and how could that response be improved?**

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19

- **Debriefing and setting of the scene**
- **COVID-19 has caused universal psychological impact by causing mass hysteria, economic burden and financial losses.**
- **Mass fear of COVID-19 termed "Coronaphobia" has generated a plethora of psychiatric manifestations across the different strata of the society.**

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19

Debriefing and setting of the scene

Counselling

- Maintain a daily routine: try to get up at a consistent time and follow a daily plan
- Limit your time on media platforms: ideally twice / three times a day (morning, noon and evening)
- Acknowledge your feelings.
- Do something that you enjoy doing, or which makes you feel good, every day.
- Loneliness and feelings of depression may be very real for you

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19

Debriefing and setting of the scene

Counselling

- Show compassion and kindness to one another
- Ensure you are following directives issued by the government, medical advice and observe good hygiene habits
- **Wits Crisis helpline – freely available 24/7: 0800 111 331**
- CCDU - info.ccd�@wits.ac.za , [Lifeline](#) - 24hr Helpline 0861 322 322
- [SADAG](#) - 24hr Helpline 0800 456 789

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19

Debriefing and setting of the scene

Grieving

- Working through the grief process is difficult whenever we lose someone close to us.
- But coping and healing after a death related to the coronavirus is even more complicated.
- Take extra care and consideration for your well-being while grieving.
- Observe, name and acknowledge the feelings that come up around the loss. Exercise some self-compassion
- Engage in self-care. Remember and honour your loved one in creative ways. Reach out for support

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19

Debriefing and setting of the scene

Care and support to the victim and family/friends/peers etc.

- **CARE AND SUPPORT SHOULD BE PRIORITIZED DURING THIS COVID-19 CRISIS.**
- Advice on contingency plans in the event of office closures and work from home arrangements.
- Disseminate accurate information regularly about the COVID-19
- Promote positive coping or self-care strategies such as maintaining social distancing.
- Offer options for remote or online counselling including specific remote support and safety planning

TERM 2 : WEEK 1 - INTRODUCTION

TOPIC

Psychosocial issues because of COVID- 19


Debriefing and setting of the scene

Care and support to the victim and family/friends/peers etc.

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Summary of alert levels

ALERT LEVEL 5	ALERT LEVEL 4	ALERT LEVEL 3	ALERT LEVEL 2	ALERT LEVEL 1
 OBJECTIVE				
Drastic measures to contain the spread of the virus and save lives.	Extreme precautions to limit community transmission and outbreaks, while allowing some activity to resume.	Restrictions on many activities, including at workplaces and socially, to address a high risk of transmission.	Physical distancing and restrictions on leisure and social activities to prevent a resurgence of the virus.	Most normal activity can resume, with precautions and health guidelines followed at all times. Population prepared for an increase in alert levels if necessary.

TERM 2 : WEEK 1 - INTRODUCTION

Preparation of the working space (Dos and Don'ts of COVID- 19)

- Consider offering face masks to all employees
- Limit customers' and the public's access to the worksite
- Consider strategies to minimize face-to-face contact
- Communicate the availability of medical screening or other worker health resources (e.g. Personal Protective Equipment (PPE))
- Including initial and routine/refresher training.
- Ensure that psychological and behavioural support is available to address employee stress.

THE Dos AND Don'ts of COVID-19

THE Dos OF COVID-19

- DO** [wash your hands](#) for at least 20 seconds, several times a day.
- DO** learn the symptoms, which are similar to [flu](#) and may not emerge until 14 days after exposure:
- DO** consider taking extra precautions and staying out of public places if you're over 60 years old
- DO** reconsider travel to affected areas
- DO** practice "social distancing"
- DO** prioritize your health.
- DO** keep taking blood pressure medications.
- DO** cough or sneeze into the crook of your elbow or a tissue, and dispose of the tissue immediately in a covered bin.
- DO** make sure to clean frequently-touched surfaces properly.

THE Don'ts of COVID-19

- DON'T** touch your eyes, nose, and mouth. If you *have* somehow come into contact with the virus, touching your face can help it enter your body.
- DON'T** travel if you have a fever.
- DON'T** skip the flu shot.
- DON'T** go to the doctor unless it's urgent.
- DON'T** go out except to see your doctor, after calling first.
- DON'T** hang out with your family or pets if you suspect you have the virus.
- DON'T** reach for [antibiotics](#).
- DON'T** hesitate to seek help immediately if someone in your home is experiencing emergency warning signs: Persistent pain , Bluish lips or face.

TERM 2 : WEEK 1 – FACTS ABOUT COVID-19

- Most people who get COVID-19 will have a mild form of the illness and recover without needing professional medical care.
- The virus can be in someone's body for up to 14 days before they get symptoms.
- Anyone can get COVID-19, regardless of race or skin colour
- Older people and people with health conditions – such as asthma, heart disease and diabetes are more at risk of getting seriously ill.

TERM 2 : WEEK 1 – FACTS ABOUT COVID-19

- There is no evidence that taking anti-HIV drugs will stop you getting COVID-19
- There is no drink hot or cold that will protect you from COVID-19 or cure the illness.
- Washing your hands thoroughly with soap and water or rubbing an alcohol sanitizer on them will stop the virus spreading.
- At the moment there is no proven **cure** for COVID-19

TERM 2 : Week 1

- **Identification, support, and care for victims of COVID-19**
 - Maintain a user profile tracking your COVID-19 risk factors.
 - Check your loved one's symptoms
 - Help families affected by COVID-19
 - Help provide food, medical care and support during the pandemic
 - Give comfort and hope through the spiritual word
 - Offer counselling for children after trauma

TERM 2 : Week 1

Support for victims of COVID-19

- Contact tracers for the affected
- Online support group
- Support package for the victims and their immediate families
- Availability of test kits
- Providing necessary information on the virus

WEEK1 : 1 BACKGROUND TO CORONAVIRUS

- **What is COVID – 19 ?**

- 'CO' stands for Corona, 'VI' stands for Virus and 'D' stands for Disease.
- The new virus linked to the same family of viruses as severe Acute Respiratory Syndrome (SARS)and some types of common cold.

- **Symptoms**

- Fever, dry cough, tiredness, aches, pains, sore throat, diarrhoea, conjunctivitis, headache, loss of taste or smell, a rash on skin or discolouration of fingers or toes, nausea and chills, sometimes with shaking.

WEEK 1: BACKGROUND TO CORONAVIRUS

- **How does it spread?**

- People can catch COVID-19 from others who have the virus. The disease spread primarily from person to person through small droplets from the nose or mouth.
- Droplets are expelled when a person with COVID-19 coughs, sneezes or speaks
- Droplets can land on objects, surfaces, tables, doorknobs and handrails. People can become infected by touching these objects

WEEK 1: BACKGROUND TO CORONAVIRUS

- **Who is most at risk?**

- People of all ages can be infected by the new Coronavirus.
- Older people and people with pre-existing medical conditions (chronic diseases) appear to be more vulnerable to becoming severely ill with the virus

- **Treatment**

- No specific treatment is available yet.
- Treatment is based on the patient's clinical condition
- Supportive care for the infected persons can be highly effective.

WEEK 1: BACKGROUND TO CORONAVIRUS

Treatment

- In several clinical studies of confirmed cases, strategies for COVID-19 patients included antiviral treatment, empirical antibiotic treatment and oxygen support
- Due to the absence of clinical evidence, there were no approved drugs for COVID 19
- Safe and effective clinical trials will find more therapeutic possibilities for COVID-19 patients.

WEEK 1:BACKGROUND TO CORONAVIRUS

- **Preventative Measures**

- Stay at home as much as you can.Keep a safe distance, cover your cough and wash hands often.
- Clean and disinfect the frequently touched objects

- **How can the spread be slowed down**

- Adopt the preventive measures like washing hands, social distancing and avoid public places.
- To slow down the spread is referred to the process of flattening the curve.
- Covering the nose and mouth with flexed elbow or disposable tissue when coughing and sneezing.

WEEK 1: BACKGROUND TO CORONAVIRUS

Preventative Measures

- Wash your hands frequently
- Maintain social distancing
- Avoid touching eyes, nose and mouth
- Practice respiratory hygiene
- If you have symptoms seek medical care early

WEEK 1: BACKGROUND TO CORONAVIRUS

- **Tracing the spread of the virus**

- Contact follow-up or daily contact monitoring is conducted.
- New technologies are being developed, contact tracing apps are rolled out to automate labour intensive tasks critical to containing the spread of the virus.
- Our contact tracing survey summarises the principal regulatory and policy issues
- The new app also provides additional features such as access to user test results

WEEK 1: BACKGROUND TO CORONAVIRUS

Tracing the spread of the virus

- Identify Strategies to Reduce Spread of COVID-19
- Contact tracing is an evidence-based way to slow the spread of infectious disease.
- It is the process of interviewing individuals who have been infected with a disease, identifying close contacts that they may have unknowingly exposed, and providing those contacts with the information needed to monitor their own health and prevent the continued spread of the illness.

WEEK 1: BACKGROUND TO CORONAVIRUS

Tracing the spread of the virus

- The people on the list need to be screened for symptoms of the disease, tested if they meet the criteria, and told to isolate themselves for 14 days to avoid spreading the virus to others. This kind of contact tracing is crucial in stopping the spread of the virus to other people.
- Contact tracing has played a crucial role in slowing down the spread of the virus — also known as flattening the curve

WEEK 1: BACKGROUND TO CORONAVIRUS

Tracing the spread of the virus

- Learning effective contact tracing practices can help prevent further spread of COVID-19.
- This 90-minute online course developed by the Northwest Center for Public Health Practice in partnership with the Kansas Health Foundation will rapidly train public health workers in the subject of contact tracing.
- Is an effective tool to slow the spread of COVID-19, and how to practice contact tracing successfully

WEEK 1: BACKGROUND TO CORONAVIRUS

Socio – economic effects on communities

- It is affecting societies and economies at their core.
- It will most likely increase poverty and inequalities at the global scale. It will jeopardise lives and livelihoods for years to come.
- Reduced workforce across all economic sectors
- Industries, businesses and schools have closed down
- COVID-19 has caused many jobs to be lost.

WEEK 1: BACKGROUND TO CORONAVIRUS

- **Counselling and Psycho-emotional support services to sufferers, victims and family.**
- Ensuring compliance with social distancing measures and rearranging consulting rooms during counselling.
- Hand washing between every appointment or session.

WEEK 1:BACKGROUND TO CORONAVIRUS

- **Counselling and Psycho-emotional support services to sufferers, victims and family.**
- This unprecedented global crisis may impact our emotional wellbeing.
- You are encouraged to continue with healthy habits, i.e., exercise indoors and in the garden

WEEK 3: OVERVIEW OF TOPICS

Skills Needed to:

1. Cope with the demands of content and issues of writing examination amidst COVID-19
2. Writing of examination during COVID-19



TERM 2 :STUDY SKI LLS

Skills needed to :

Cope with the demands of content amidst COVID – 19

- **Revised content across the grades by DBE**
- **DBE has amended the school calendar**
- **Re-opening of schools on 8th June 2020 for Grades 7 and 12**
- **On 6th July – Grades 1,2,3,6,10,11, and special needs learners**

TERM 2 – WEEK 3 – STUDY SKILLS

Skills needed to :

Cope with the demands of content amidst COVID – 19

- On 3rd August : Grades 4,5,8,9, and schools of skills and SID.
- Online Learner support programmes
- COVID-19 TV and Radio curriculum support programmes for learners
- Free STEM logdown Digital School

TERM 2 – STUDY SKILLS

Skills needed to :

Issues of writing examination amidst COVID-19

- DBE postpones May/ June rewrite matric examinations
- Early closure of schools during the first term
- Merged June and December examination and details regarding centres and time-tables will be communicated

TERM 2 – STUDY SKILLS

Skills needed to :

Issues of writing examination amidst COVID-19

- 2nd Chance Matric Support Programme link on the website is still available.
- Basic Education expands STEM (Science, Technology, engineering and Mathematics) digital school during Coronavirus COVID-19 lockdown
- STEM lockdown digital school goes into community television as it expands learner support during COVID-19
- The COVID-19 learner support programme will be available on two DSTV channels; 1KZN (261) and Soweto TV (251)
- The initiative has been running since the Lockdown was put in place.

TERM 2 – STUDY SKILLS

Skills needed to :

Writing of Examination during COVID-19

- The CEM has approved the 2020 National Senior Certificate (NSC) and Senior Certificate examination calendars.
- This year's NSC will begin on 19 October and will be concluded on 26 November.

TERM 2 : STUDY SKILLS

Skills needed to :

- The May/June 2020 matric re-write will take place from 4 May to 11 June. The results for these exams will be released on 30 July 2020.
- The 2020 timetables were also drafted after consultation with all religious organisations to accommodate their religious holidays. The council urges all learners and teachers to prepare for the examinations.