

A Parent's Guide to Teaching Children About COVID-19

HYGIENE HEROES

Introduction for Parents

This document helps you teach your children ages 4-12 how to prevent COVID-19. It has 3 lessons of 30 minutes that teach:

- **Lessons:** COVID-19 is a dangerous disease spread by sneezing or coughing and by dirty hands. Everyone should wash their hands with soap and cover their cough.
- **New behaviors:** Children wash their hands with soap at important times. Children cover their cough.

Parents can use this handout, or older children can teach younger ones.

Note: **What you say is in red.**

But you are busy...

Teaching this material will help keep your children safe.

- Your children's safe behavior will also help keep *you* safe, and everyone in your household and your community

The activities are designed to be fun for the children, and interesting for you

The lessons are short (30 minutes each) and easy for your children to understand: (1) Handwashing (2) Cover your cough and (3) Review

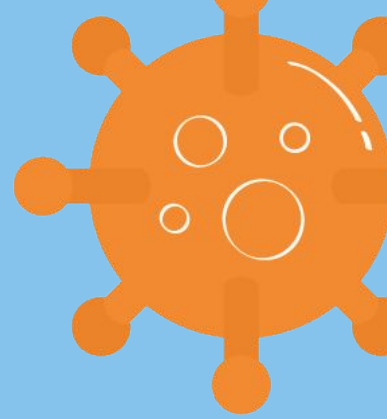
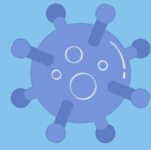
The only materials you need are 2 pieces of paper and a pen or pencil

... So let's get started!

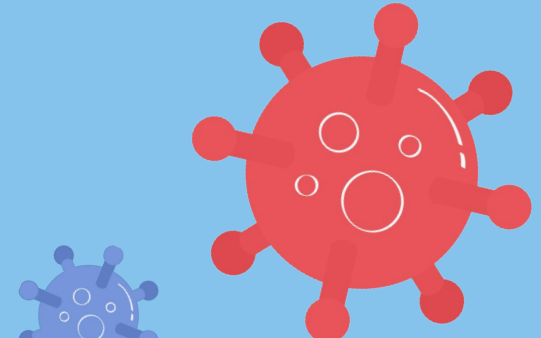


SESSION 1:

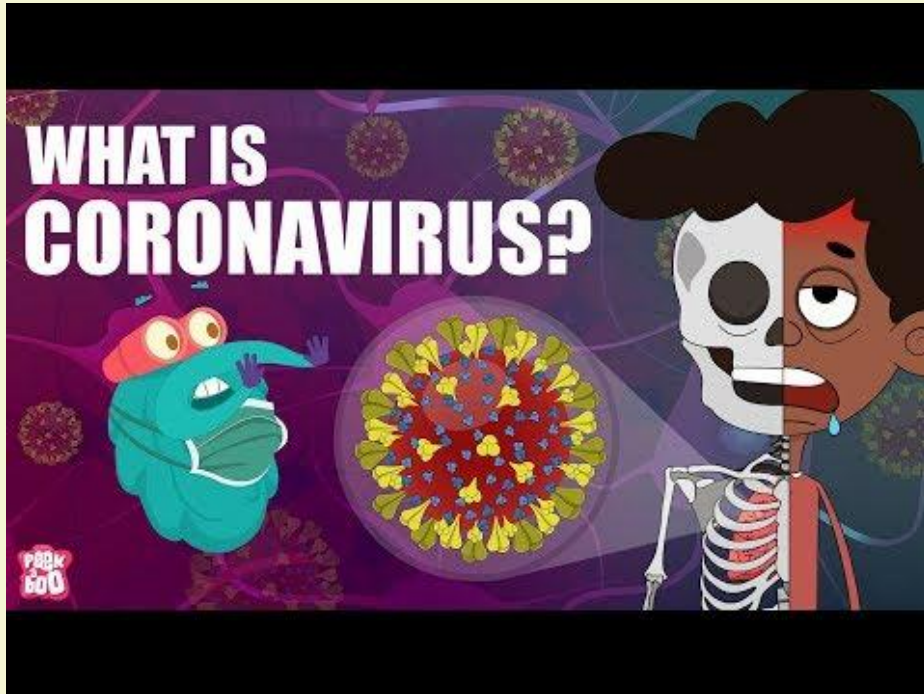
WASH HANDS WITH SOAP



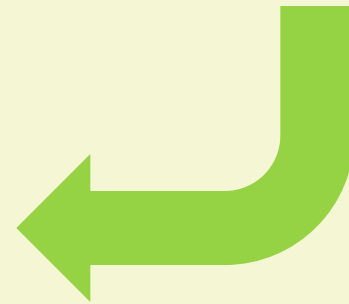
PART 1: **WHAT IS COVID-19?**



OPTIONAL VIDEO: WHAT IS **CORONAVIRUS**?

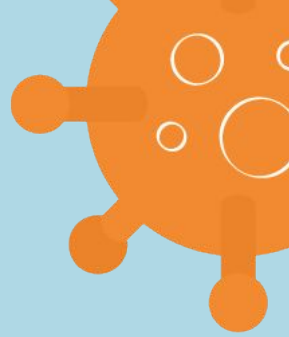


If you have Internet access: This is a nice introduction to COVID-19.



(In English)

WHAT IS COVID-19?



Explain: COVID-19 is the name of a new disease discovered in 2019

- Older grades:
 - It is also called the **novel coronavirus**
 - The germ that causes COVID-19 is called **SARS-COV-2**



COVID-19 affects people in every nation in the world



WHAT ARE THE SYMPTOMS TO LOOK OUT FOR?

The following symptoms can appear **2-14 days** after exposure to the virus:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

 If you have any of these symptoms, isolate and call a doctor! 

HOW DOES COVID-19 SPREAD?



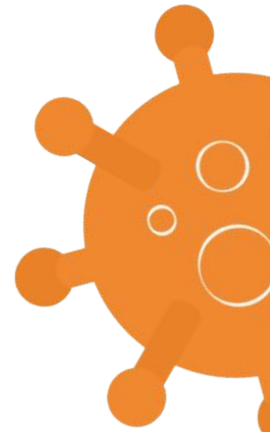
- Parents: Read the following story.
- Bonus game: Find all the hidden COVID-19 germs on every page





Why is washing
your hands
so important?

Let me
show you.





I love to fly on
a sneeze!

What do you touch?

I cannot walk.
I am glad
people carry
me



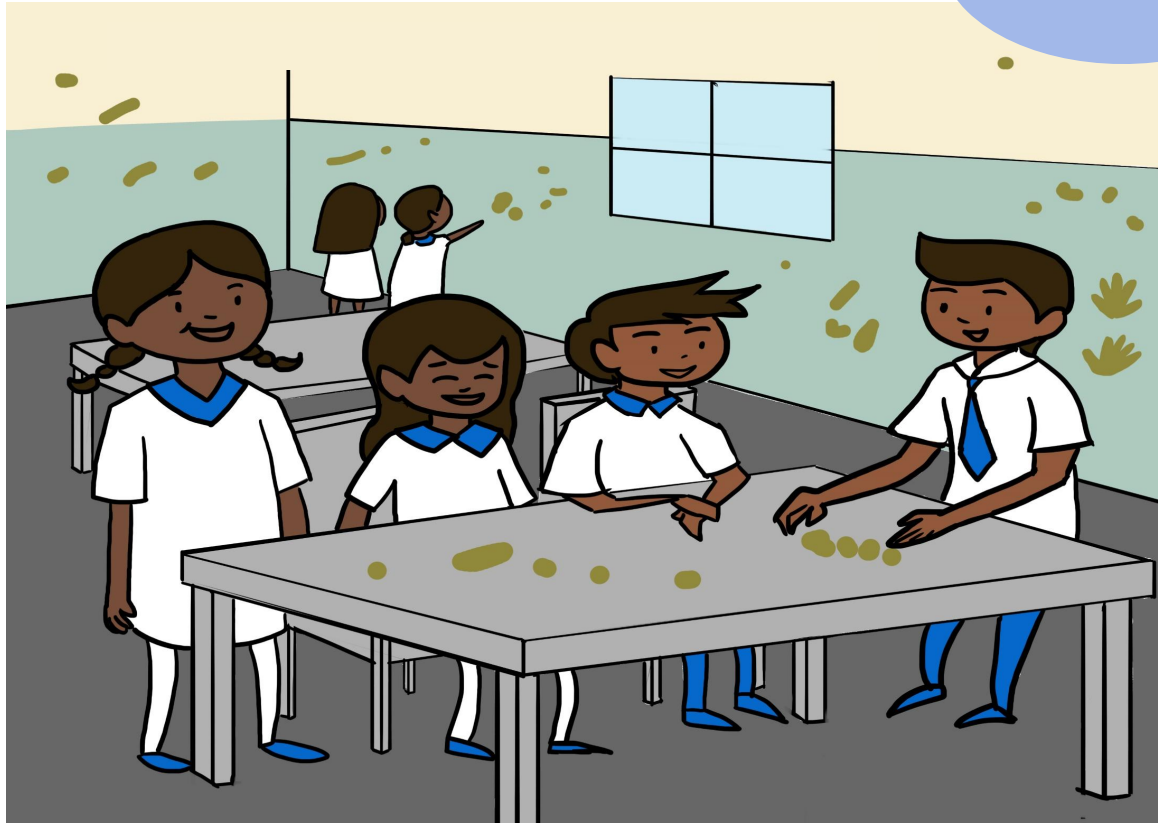
Dirty hands spread germs to friends

Germs rule!



And keep spreading...

Heh, heh,
heh!



What happens to your class or home?



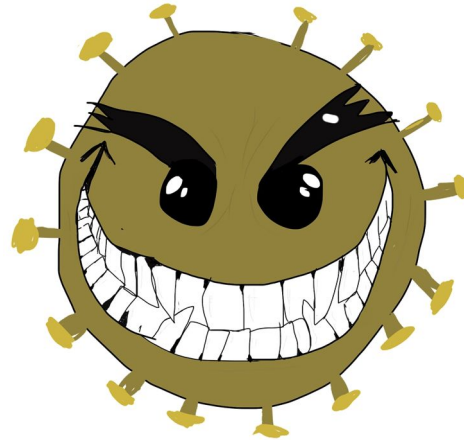
I win!



How do you feel about that?

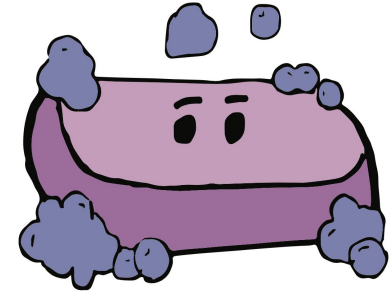
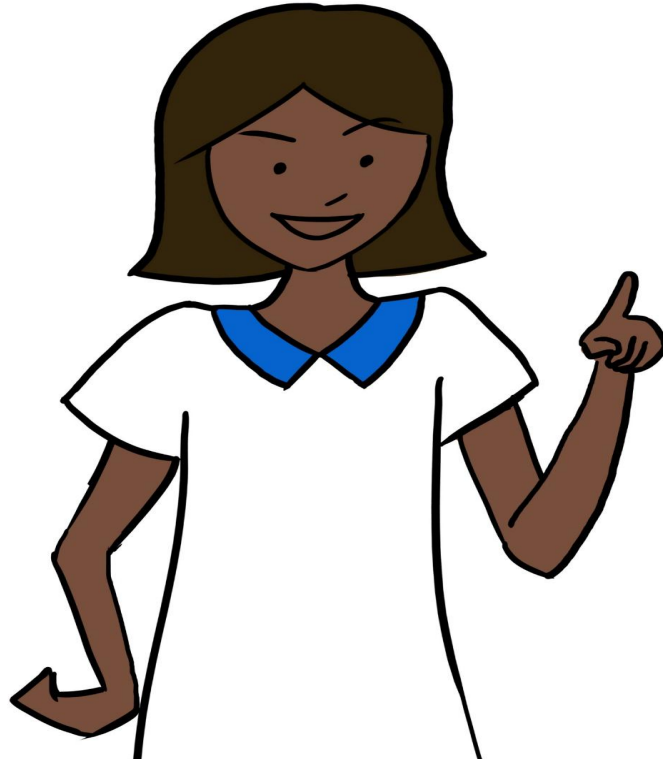
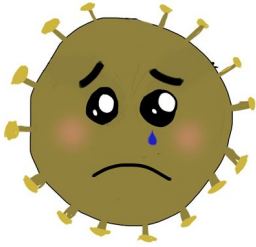
What should you do?

What should you do to keep **snot** and **COVID germs** out of your home and the classroom?



To avoid spreading germs, wash hands with soap!

Germs
hate soap!



OPTIONAL VIDEO: SHOWING SOAP REPELS GERMS



Explain: The black dots represent germs.



PART 2:

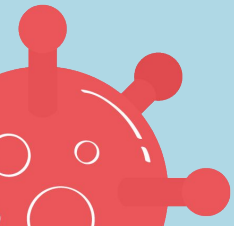
HOW TO WASH HANDS



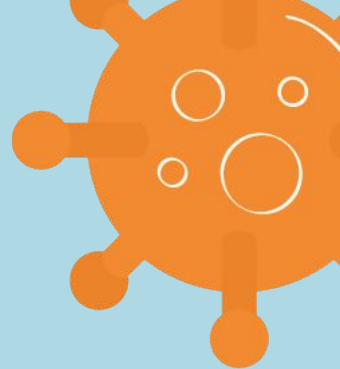
REVIEW QUESTIONS



- When someone nearby sneezes into the air, germs get on your hands. Can you see them?
 - Wait for: No, they are too small!
- Will you eat food with snot and germs on your hands?
 - Wait for: No, that is disgusting!
- What is the only way to remove snot and germs?
 - Wait for: Wash hands with soap!



HOW TO WASH HANDS PROPERLY?



Explain:

- The amount of time you take to wash your hands is as important as the soap and water.
- To make sure you take enough time to wash your hands by singing “Happy Birthday” twice through. That takes 20 seconds or so while you wash.



Demonstrate: Proper hand washing (scrubbing all the surfaces and between your fingers) and have the group sing “Happy Birthday” while you do it.

The Right Way to Wash Your Hands



Wet hands under running water



Apply soap and rub palms together



Spread the soap lather over the backs of hands



Make sure soap gets in between fingers



Grip fingers on each hand



Make sure to clean thumbs



Press fingertips into palm of each hand



Dry thoroughly with clean towel or paper towel

OPTIONAL VIDEOS ON WASHING HANDS

You can watch one or more of these videos:

- Here is a [fun video showing how to wash hands](#)
- Kerala police have a [dancing video](#), in masks, of course
- A cute [cartoon & song](#) shows how to do 20 seconds of good handwashing

WHEN SHOULD YOU WASH HANDS WITH SOAP?

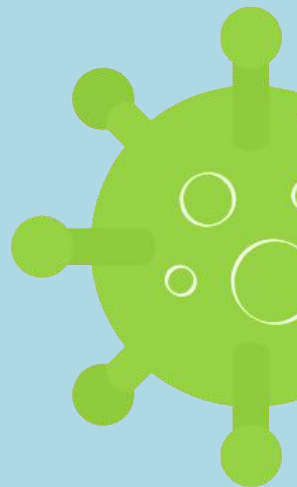
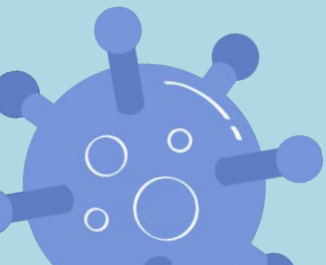
- After the toilet
- After you sneeze
- Before eating or preparing food
- When you arrive home from being away
- When you have taken care of someone who is ill or been near someone who coughs or sneezes



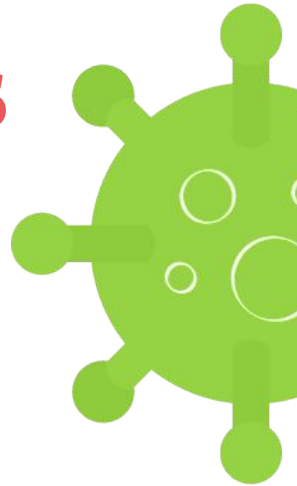
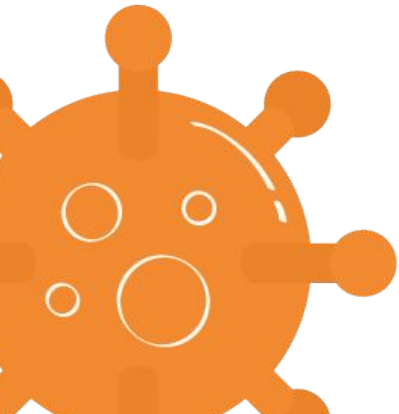
KIDS: BECOME A TEACHER

Ask you child: Find someone in the family and teach them these lessons

- Why wash hands with soap
- How to wash hands
- When to wash hands with soap



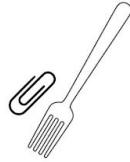
OPTIONAL: SOAPY BOTTLE
(for places where soap is
expensive)



1. TAKE A CLEAN EMPTY BOTTLE AND FILL IT WITH WATER.



2. USING A PAPER CLIP OR FORK, POKE TWO HOLES AT THE TOP OF THE BOTTLE.

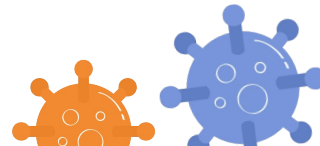
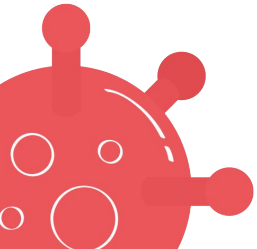


3. ADD 12 - 15 DROPS OF LIQUID HAND WASH (DETTOL, LIFEBOUY) INTO A 500 ML EMPTY BOTTLE OR ADD 2/3 OF A SACHET OF LAUNDRY SOAP OR SHAMPOO IN A BIG 1.5 LITRE BOTTLE.



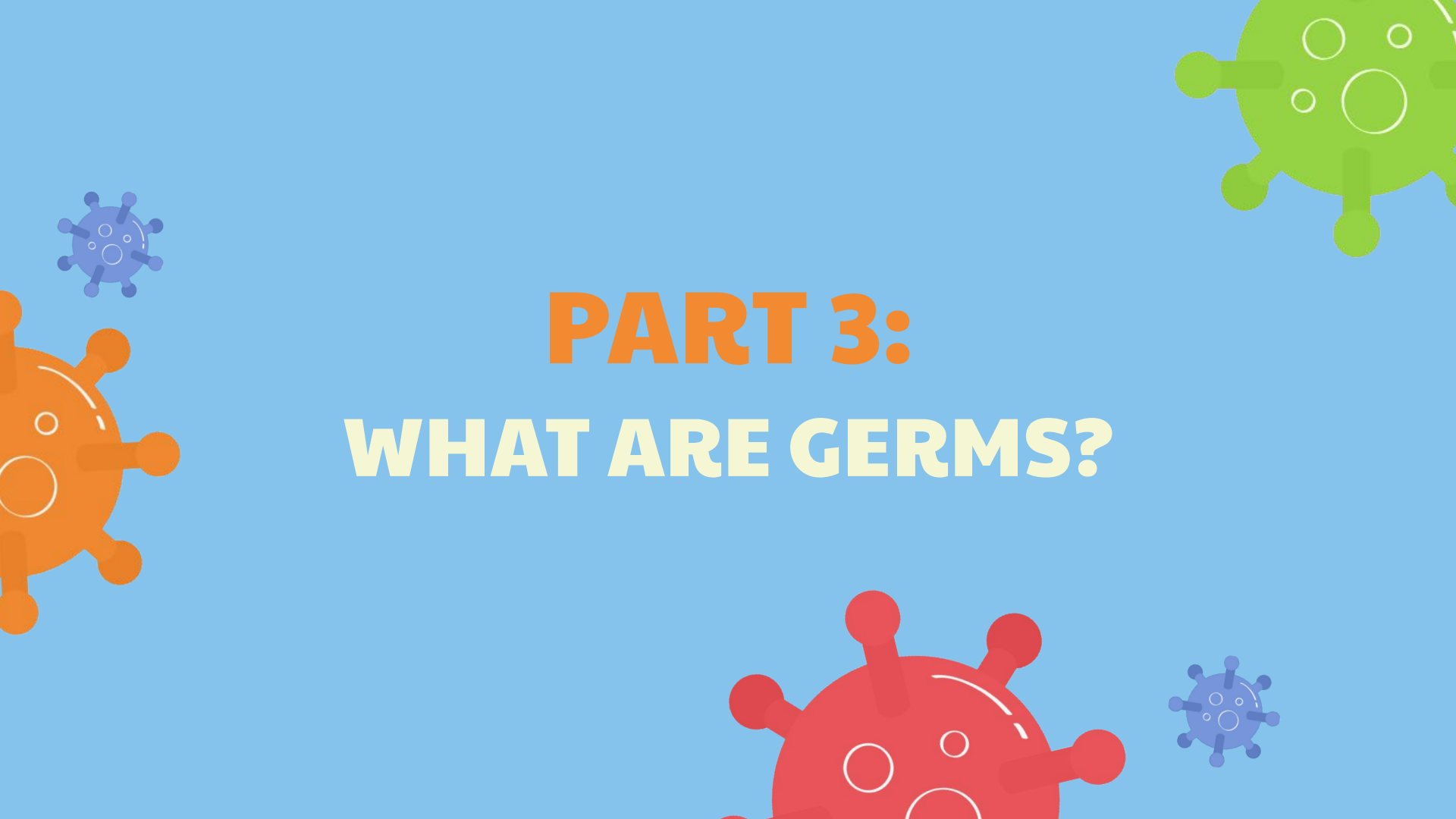
THE SOAPY BOTTLE

Just squirt a little on your hands (or your child's hands) and scrub for 20 seconds!





SESSION 2:
COVER YOUR COUGH

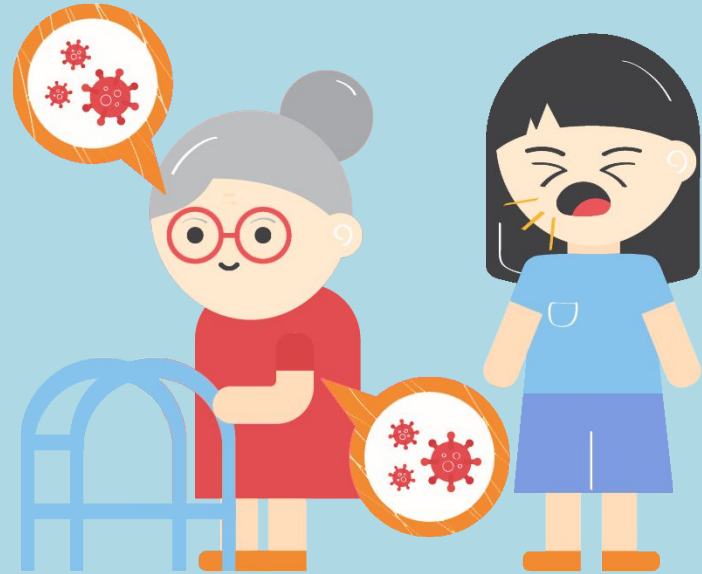
The background is a solid light blue color. Scattered around the text are several stylized virus particles. There are four blue particles: one in the top left, one in the bottom right, and two smaller ones. There is one large orange particle on the left side. There is one large green particle in the top right corner. There is one large red particle at the bottom center.

PART 3:

WHAT ARE GERMS?

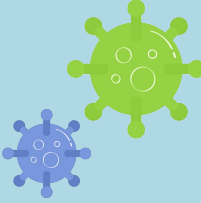
WHAT IS A GERM?

- Germs are too small to see
- Germs spread through the air when we cough, sneeze, or talk
- Germs cause serious illnesses, like COVID-19





STOPPING GERMS



- Ask: **When germs spread on hands, how can we stop them?**
 - Wait for: Wash hands with soap
- Ask: **When germs spread in a cough or sneeze, how can we stop them?**
 - Wait for: Cover your cough or sneeze

If they do not know, tell them.



GERMS FUN FACTS

- A single sneeze can send 100,000 germs into the air
- Coughs can travel up to 100 km/hour!

**No wonder germs spread
so quickly!**



Demonstration:

How Far a Cough Can Travel

- **Objective**: Show how far a cough or sneeze can travel
- **Time**: 5 minutes
- **Materials**: 15 torn up pieces of paper, each $\frac{1}{2}$ to 1 cm square
- **Preparation**: Put the pieces of paper in your hand and make a slightly open fist, hold the fist to your mouth and cough vigorously into the opening (The paper should fly out)

Demonstration:

How Far a Cough Can Travel

- Say: If you have COVID, each cough or sneeze sends out germs.
What happens if you are close to me when I cough?
 - Children should say: “We get the germs on us, we breathe them in.”
 - Explain: You can use your elbow to block the germs.

AGES 4-9: Practice Covering Sneezes in This Fun Dance

The song:

Happy birthday to ACHOO!

Happy birthday to ACHOO!

Happy birthday dear ACHOO-OO!

Happy birthday to ACHOO!

The dance: Children cover their nose and mouth with their elbow each time they say *ACHOO!*, as if they are covering their sneeze.

Happy
birthday
to...

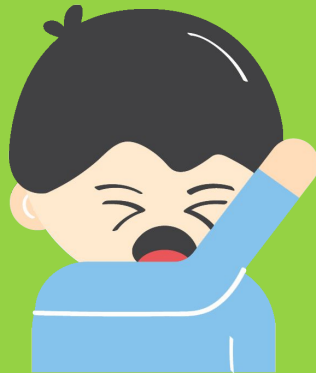


ACHOO!



Practice Covering Your Sneeze

- COVID-19 spreads on sneezes. If people sneeze into their elbow, COVID has a hard time spreading
- This is a quick practice of the new habit of sneezing into your elbow.



First, pick a 2-second celebration

- My 2-second celebration is a tiny fist pump and saying “Yeah!”
- If that does not work for you, you might choose:
 - Smile at yourself, say “Good job!”
 - Imagine a crowd of fans are applauding you and hold your hands above your head
 - Or anything else that brings a little burst of good feelings

Practice a safe sneeze 6 times

- Pretend you are about to sneeze, “a-a-A...”
- Sneeze into your elbow, “A-CHOO!”
- You helped stop COVID-19: *Celebrate!*
- Pause a second, and repeat 5 more times

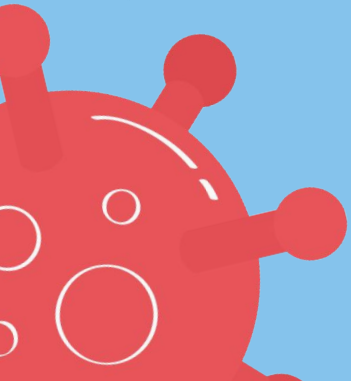
Celebrate each success!

- Then, each time you sneeze into your elbow, give yourself a little celebration!
- Celebrations are a great way to learn new habits, and this habit helps keep everyone around you safe



PART 4:

HOW TO PREVENT GERMS FROM SPREADING?

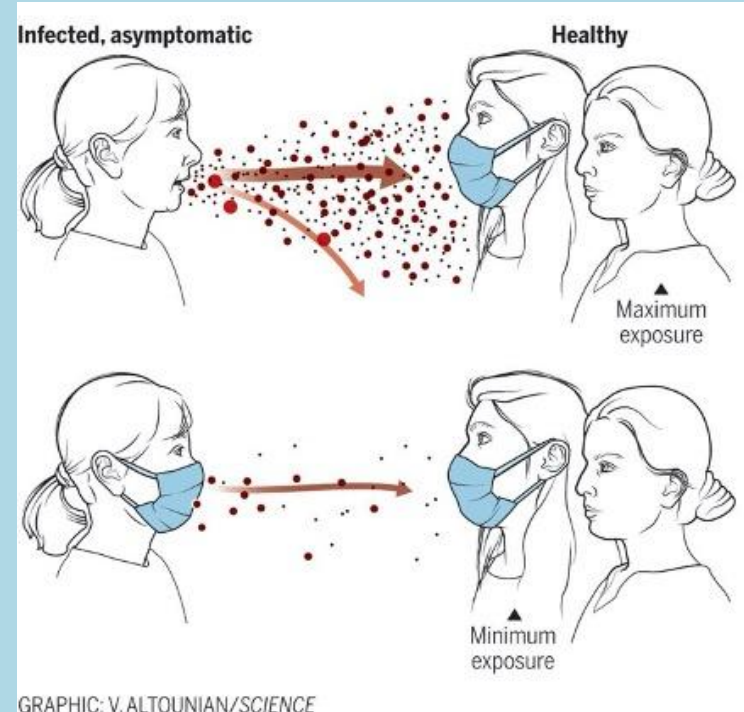


HOW TO WEAR FACE MASKS



WHY WEAR A MASK?

- To protect people around us, we should always wear a mask when we are away from home.
- The mask can catch germs so nobody breaths them in
- If the mask catches germs, do we want to touch it?



Proper way to put the mask on and off using the straps



After you remove the mask:



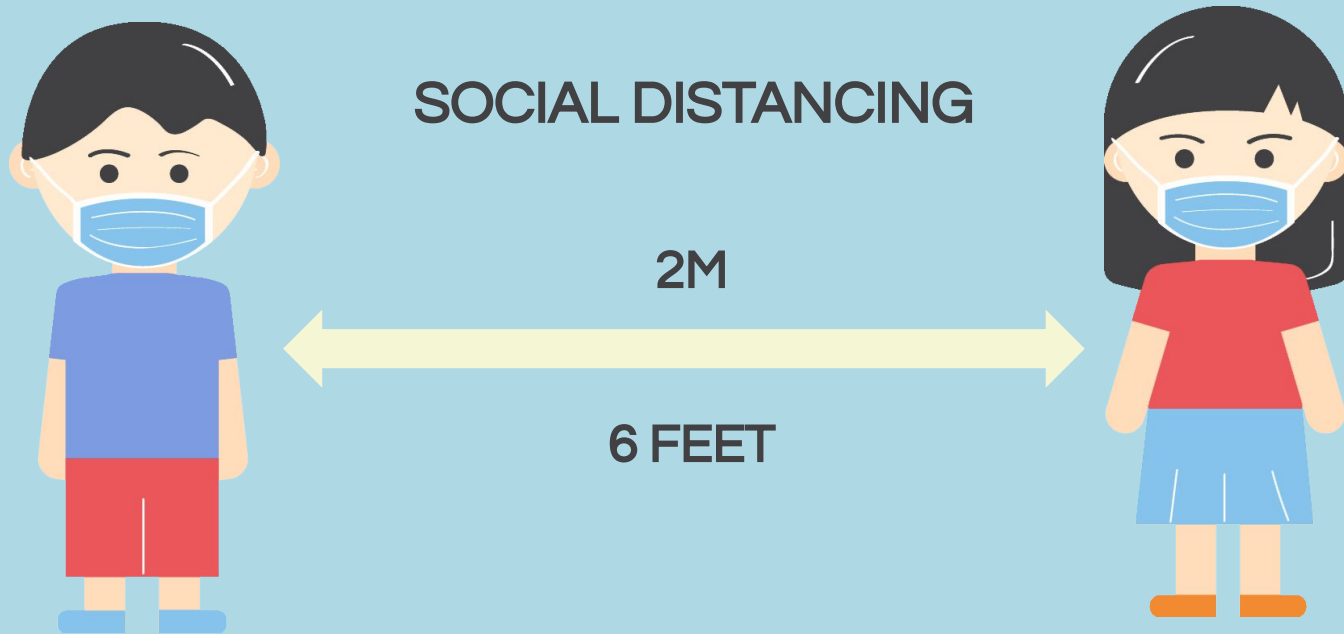
With your child: Take a minute to practice safely putting the mask on and off

REMEMBER!

- A cloth masks protects you and especially those around you
- To protect yourself, remember to
 - keep at least 2 metre distance from others
 - Wash your hands with soap frequently and thoroughly
 - Avoid touching your face and mask



Even With a Mask on, Keep Your Distance!



OPTIONAL: MAKE YOUR OWN MASK



What you'll need

- Square cloth 50 cm x 50 cm
 - Any non-stretchy cotton, such as a bedsheet or old t-shirt
- Two hair elastics or rubber bands



Lay the cloth down and fold the top and bottom edges in so they meet in the middle.



Flip the folded bandana over, and bring the top and bottom edges to the center.



Put a rubber band $\frac{1}{4}$ of the way in on each side and fold the sides in.



Pick up by the rubber bands and put it over your ears!



Some options to make masks fun

- If your child does not like straps behind their ears, you can hold up the mask with ties above their head and behind their neck
- Pick your child's favorite color for their mask
- Encourage your child to decorate their mask
- Have your child pretend to be doctor while wearing the mask
- Put a mask on a favorite doll or stuffed animal
- Let your child practice wearing a mask (and see you wearing yours) at home before going outside

Demonstration: Masks Work!

- Tear pieces of paper into 15 pieces, each about ½ to 1 cm square
- Repeat the exercise of showing how far small pieces of paper travel when you cough
- **Wear your mask**
- Put the pieces of paper in your hand and make a slightly open fist, hold the fist to your mouth and cough vigorously into the opening
- The paper should **NOT** fly out

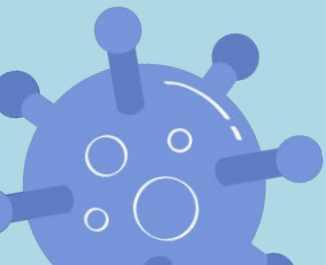
Summary: How to stop germs from spreading?

- To stop germs from spreading from a cough or sneeze, **cough and sneeze into an elbow or a handkerchief or tissue**
- To stop germs spreading from fingers that wiped noses and mouths or that touched a surface, **wash with soap before preparing food or eating**

KIDS: BECOME A TEACHER

Ask you child: Find someone in the family and teach them these lessons

- Why cover your cough or sneeze
- How to cover your cough





SESSION 3:

ACTIVITIES FOR REVIEW

OPTIONAL VIDEO: The Sneeze - How Germs Spread



Practice a Safe Cough

Last session we practiced a safe sneeze. Now let's practice a safe cough

- Pretend you are about to cough
- Cough into your elbow
- *Celebrate!*
- Pause a second, and repeat 5 more times

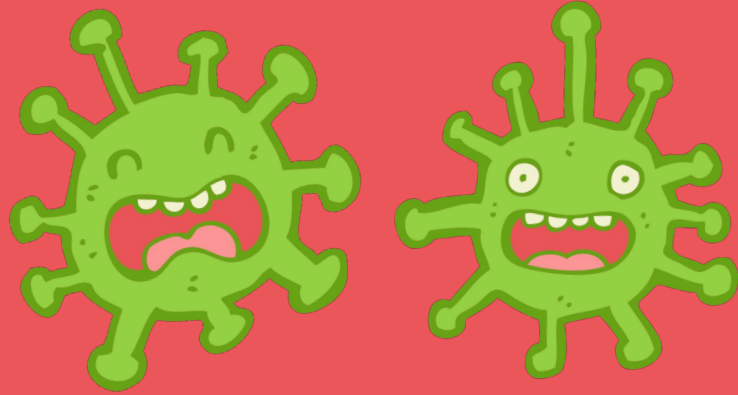


Keep Celebrating!





For the next few months

- Each time you cover a cough or sneeze: *Celebrate!*
- It is the best way to learn these safe habits





**CONNIE COVID:
Participation Story
(Ages 3-8)**

When I say or point to:	You should:
	Rub hands to wash them
	Smile and say "Ha, ha!"
	Frown, groan, and cough into your elbow
	Make a scary face and claws and let out a mean laugh


Read Connie COVID (with participation)

I am **Connie COVID**,  the meanest germ in the world. I am always

happy  because I get in everyone's lungs. Then I make them **sick and**

sad . But I can never make one family get sick. The mommy reminds the

children to **wash hands with soap**  before they eat. The daddy reminds


them to cough into their elbow.. That family makes me **sad**  !

Read Connie COVID (page 2)

Now Natasha, Jai and their little sister Anika go to school. Natasha was easy. The

boy sitting next to her was already **sick and sad** . That boy coughed into his

hands. Then he forgot to **wash his hands with soap** . Next he touched the desk,





pencils, and an eraser! And I, **Connie COVID** , stuck to everything! When

Natasha touched the desk, I stuck to her hand. When she scratched her cheek, I

jumped into her nose! She was soon **sick and sad** . But I, **Connie COVID** 


was **happy**  !

Read Connie COVID (page 3)


Jai, the brother, knew he had to be careful. When he got home, he **washed his hands with soap** . But he was hungry before ate lunch, so he just rinsed with water. He forgot that you should always **wash with soap** before eating! He enjoyed his food. I enjoyed jumping into his nose. Like his sister, Jai was soon **sick and sad** . And I, **Connie COVID** , was **happy** !


Read Connie COVID (page 4)

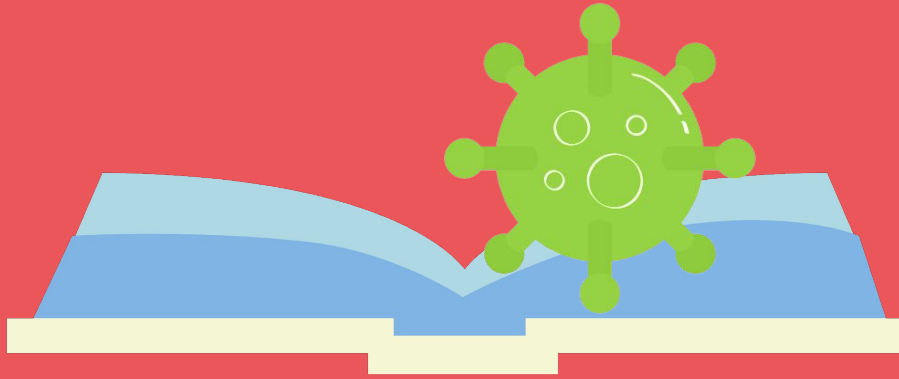
Now only their little sister was left. But Anika was mean to me! She always

washed hands with soap  before she ate, and when she came home. She

reminded her brother to cough into his elbow. I could not make her **sick and sad**.

For the first time, I, **Connie COVID** , was very **sick and sad**. And that little girl

Anika? Anika was very, very **happy**  !



**CORY THE COVID
VIRUS
(Ages 8-12)**

Read the story: Cory the Covid Virus

Link to story:

<https://docs.google.com/presentation/d/1rHklbBORNIFJUbVIFaZiXwBSY7rAxIOFkxNy6D51oP4/edit?usp=sharing>

- Younger children: Parents read the story
- Older children can read on their own or to the parent

Discussion question: What did the girls do that made Cory COVID mad? Why?

Star Charts

A star chart reinforces safe behaviors

What you need

- A poster or part of chalk board to make your chart on OR a calendar
- A parent or older sibling monitor

Explain

- Each day the monitor will check off your progress
- If you forget your behavior, then no check mark for that day



Star Charts-Example

Behavior

	M	T	W	TH	F	Sa	Su
Wash hands with soap before breakfast	☆	☆	☆	☆	☆	☆	☆
Wash hands with soap before lunch	☆	☆	☆	☆	☆	☆	☆
Cough into your elbow	☆	☆	☆	☆	☆	☆	☆
etc.	☆	☆	☆	☆	☆	☆	☆



Parents: Praise kids when they do something right

- There are a lot of new behaviors
 - Washing hands with soap coming into the home, before meals, etc.
 - Covering a cough
 - Remaining 2 meters apart when outside the home
 - Wearing a mask
- Kids will make mistakes (even more than adults)
 - Be sure to spot when your child performs a safe behavior and give them praise

Parents: Here are ways to help your children

- COVID-19 and social distancing are scary for many children
 - Talk to you children about the situation honestly and suggest new ways to keep happy
- There are lots of fun ways to stay busy
 - Such as cooking with you, making art, exercise (such as dance)
 - If you have a smartphone, try a learning app such as Khan Academy or video call friends and family
- Set an example of a positive attitude
 - It makes life more pleasant
 - As a bonus, it boosts the immune system

Certificate

- When your child has completed the three sessions, fill their name in on the certificate on the next page
- Then cut and paste this certificate into your Facebook page or other social media platform
- If you prefer, you can wait until they have completed a week of the star chart

Certificate of Completion

My child



is a

Hygiene Hero!

Ask them why it is important to wash hands with soap and cough and sneeze into your elbow.

Together we can BEAT COVID-19!

Find out how your child can become a Hygiene hero at

<http://hygieneheroes.berkeley.edu/covid.html>



More resources

Keep up to date with information from

- The Centers for Disease Control (CDC)
<https://www.cdc.gov/coronavirus/2019-ncov/>
- The World Health Organization (WHO)
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>
- The Ministry of Health website: <https://www.mohfw.gov.in/>

Children's stories you can download

- What kids want to know is a nice short comic book on COVID-19
- *My Hero is You. How kids can fight COVID-19!*
 - Beautiful illustrations, above grade 6.
 - Download in English, Tamil & other languages
- Coronavirus: A book for children is a picture book for older grades
- Kids, Vayu and Corona comic book on prevention, in many languages
- Dr. Dog Explains Corovnavirus is a nice intro for kids 4-6

You can find updated versions of these materials and additional health education content at

Hygieneheroes.berkeley.edu

Please send feedback to levine@berkeley.edu

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