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- Corona Virus Protection Activity

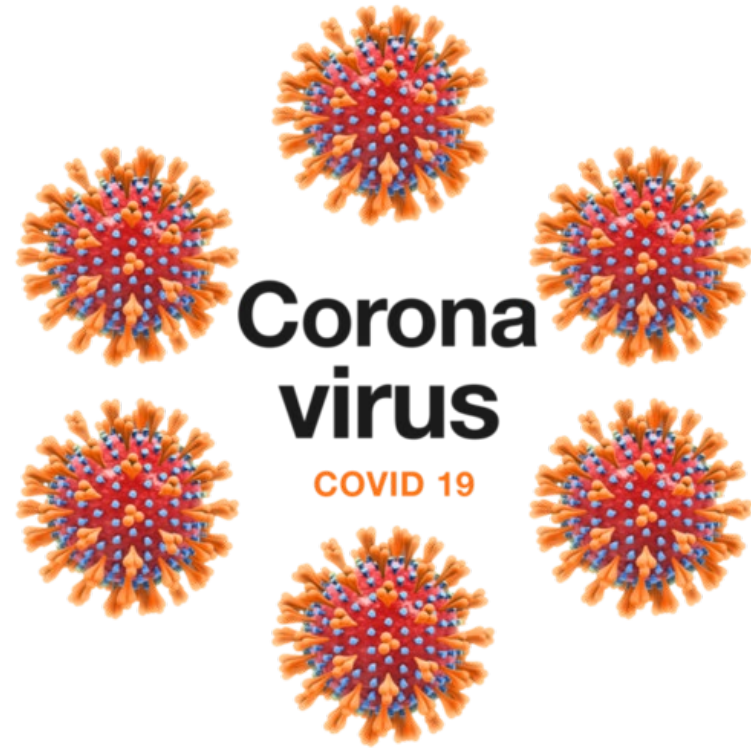
# Supplies Required

- Glitter
- Hand Cream
- Soap
- Water
- WHO Handwashing Guide – [\(available to download here\)](#)
- Paper Towels
- Confetti or small specs of paper

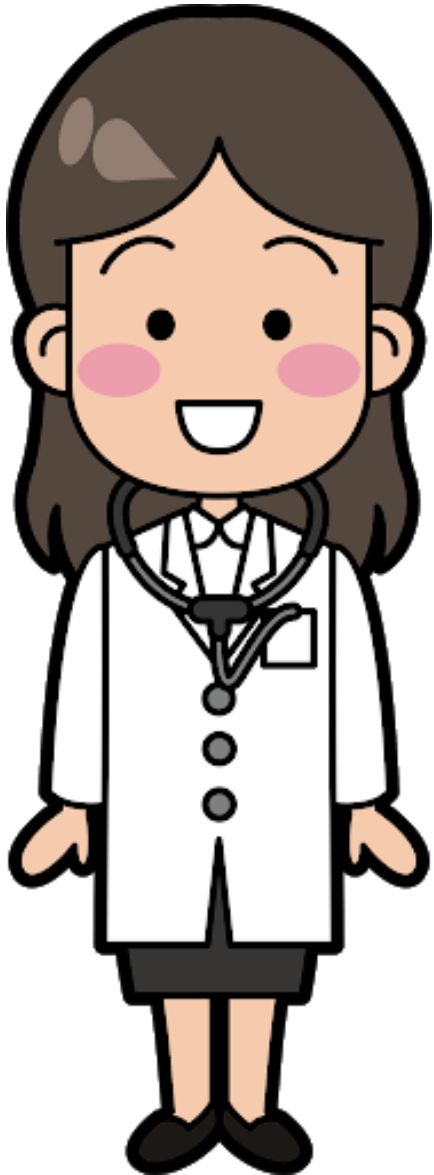


# What is Covid-19?

- Coronaviruses are a large family of viruses which may cause illness in humans.
- COVID-19 is the infectious disease caused by the most recently discovered coronavirus.
- Covid-19 was first detected in Wuhan City, China in 2019
- This virus causes a fever and respiratory problems.



# Key Terms



**Respiratory:** all about the lungs and breathing

**Virus:** a very small parasite that can infect humans and animals with diseases

**Contagious:** a sickness that spreads from person to person (like chicken pox!)

**Symptoms:** the ways that a patient feels sick – fever, cough, shortness of breath

# Who is affected by Covid-19?

This virus can affect anyone, but people get it differently. Older people, and those who have a pre-existing medical condition are more vulnerable, younger healthier people may experience milder symptoms.

Coronavirus is very contagious. It can spread from person to person quickly, especially when people are coughing and sneezing.



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# Proper Hygiene

The best thing we can do to avoid getting sick is to make sure that we are using proper hygiene.

It is very important to make sure that we are washing our hands properly, and not spreading germs.

When washing your hands, we must make sure to use warm water and soap.

If you need to cough or sneeze, you can do two things:

- Catch it with a tissue and bin the tissue
- Catch it with your elbow





# Activity 1 – How Germs Spread



## Supplies Required - Glitter & Hand Cream

- Place a small amount of hand cream on the hand of each child. If only one child is taking part, place hand cream on your hand too.
- Rub the hand cream into both hands.
- Take the glitter and sprinkle on one child's hand, ask them to shake hands with others who are taking part in the exercise.
- The glitter will transfer from hand to hand in the same way germs do.

# Activity 2 – Washing Your Hands Properly

**Supplies needed - Water, soap, WHO Handwashing Guide & paper towels**

- Use the World Health Organisations Guide on how to wash your hands to remove the glitter from your child's hand, remind them that the glitter represents germs for this exercise.
- Hands should be washed for between 40- 60 seconds
  - Sing Happy Birthday twice or the first 3 verses of Baby Shark while hands are being washed.

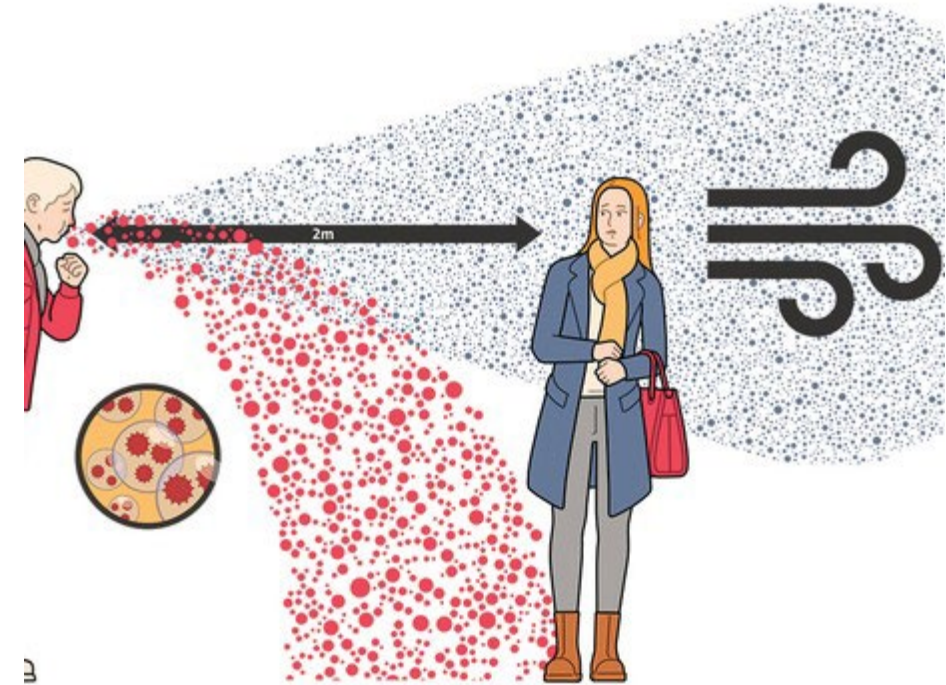




# Activity 3 – How Far Germs Spread

## Supplies needed - Confetti

- Give each child a handful of confetti and take a handful yourself.
- Now bring your hand up to your face – don't touch your face!
- Throw the confetti onto the table in front of you.
- This action mimics how germs travel when you cough or sneeze.
- Use this to explain to your children why its so important to catch your sneeze or cough in a tissue and then safely dispose of the tissue.





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# What we learned today.

## What is Covid-19?

COVID-19 is the infectious disease caused by the most recently discovered coronavirus

## What are the symptoms of Covid-19?

Coughing

Fever

Fatigue

## What to remember?

Wash your hands!

Cough & Sneeze like Batman!

Print off the WHO Handwashing Guide  
and place near handwashing facilities  
throughout your house

[Download here](#)