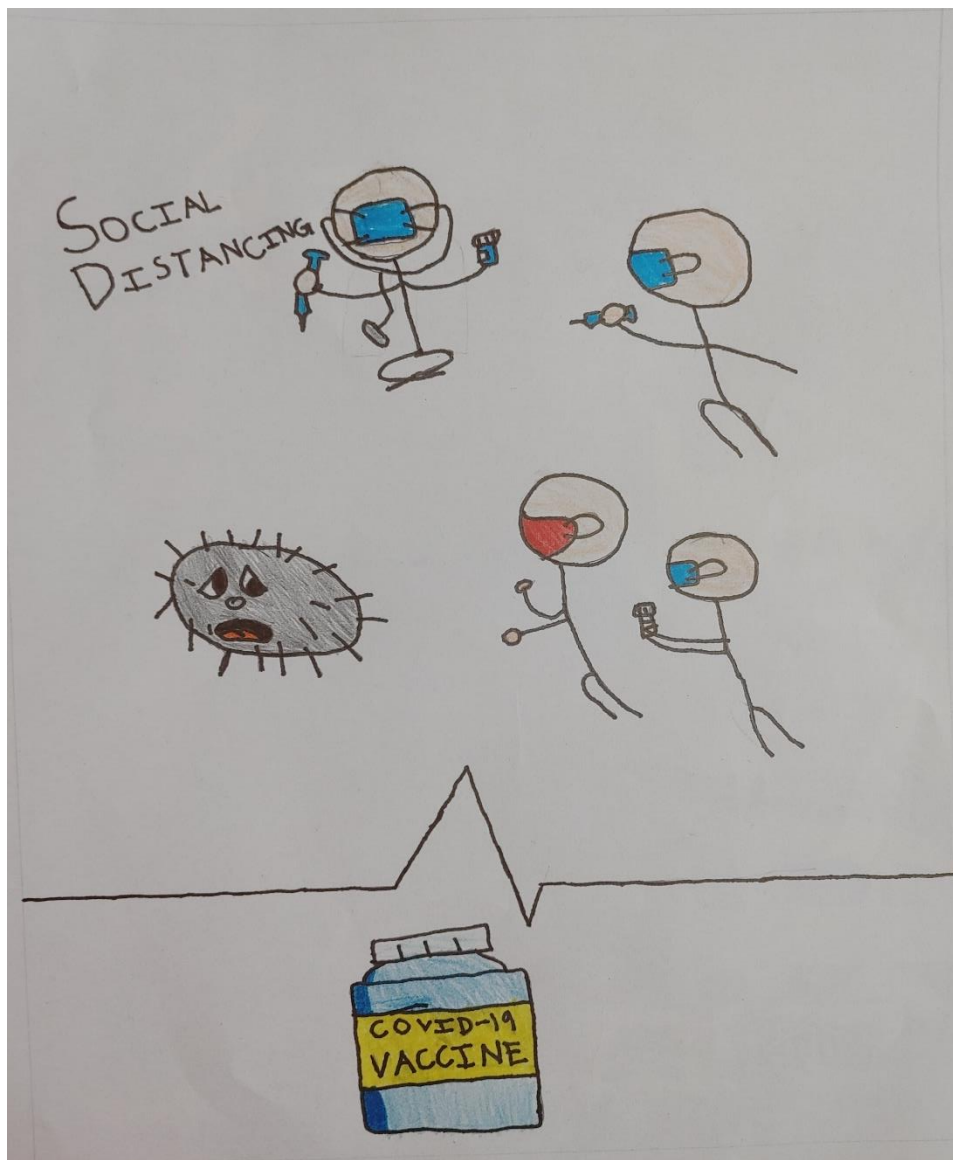


Humanity Vs COVID-19



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Sh. MANOJ AHUJA, IAS, CHAIRMAN

Central Board of Secondary Education

Guidance & Support-

Dr. BISWAJIT SAHA, Director (Training & Skill Education)

Central Board of Secondary Education

Dr. JOSEPH EMMANUEL, Director (Academics)

Central Board of Secondary Education

Content Developed By

Life Sciences Sector Skill Development Council

Curator and Co-coordinator

Sh. RAVINDER PAL SINGH, Joint Secretary

Department of Skill Education, Central Board of Secondary Education

Ms. MOUSHMI SARKAR, Deputy Secretary

Department of Skill Education, Central Board of Secondary Education

Cover Picture Design

Samyak Saxena

Student of Class 6th Section G , Apeejay School, Noida

PREFACE

We are extremely happy to present this book, the life sciences industry has made immense development in the field of medicines. There is a lot of scope for students opting for life sciences in the near future.

CBSE has introduced Life Sciences as an optional course at secondary and Senior Secondary level.

Scientists today are capable of generating more data in a day than their predecessors 20 years ago could have generated in an entire career. This ability to rapidly generate data has also created a number of new scientific challenges. We are no longer in an era where data can be processed by loading it into a spreadsheet and making a couple of graphs. In order to distil scientific knowledge from these datasets, we must be able to identify and extract nonobvious relationships.

This book is divided into 4 units and each unit has 3 to 4 sessions. All the topics are covered in simple language, with pictures to make it more interesting. As homework, at the end of every unit there is a set of questions, for revision purpose.

The team of authors is thankful to CBSE (Skill Education) for their untiring efforts for bringing out the handbook on time. It is a pleasure for the authors to express their special thanks to the CBSE (Skill Education) advisors and other coordinating staff members.

The book has been made with lot of efforts, still there may be some errors, so valuable suggestions from the readers will be appreciated for further improvement of this handbook in future.

Contents

Unit-1

Facts about Covid-19 and Vaccination

1.1. Introduction	6-8
1.2. Symptoms of coronavirus	8-9
1.3. Vaccine	10
1.4. How does vaccines work?	10
1.5. Activity and Questions	11

Unit-2

Covid-19 Prevention

2.1. Covid-19 Prevention	12-16
2.2. Tests for COVID-19	16
2.3. Activity and Questions	17

Unit-3

Be a Covid-19 Warrior

3.1. Who is a covid- warrior	18-20
3.2. Important helpline numbers	21-22
3.3. Activity and Questions	22

Unit-4

Fight against Covid-19 Pandemic

4.1. Quarantine	23-25
4.2. Impact Of Covid pandemic on Humanity	26-27
4.3 Myths and misconceptions on Covid-19	28
2.3. Activity and Questions	29

Unit-1

Facts about Covid-19 and Vaccination

Learning Outcome

Location	Learning outcome	Knowledge evaluation	Performance evaluation	Teaching and Training method
Classroom	Students shall be able to explain about some of the facts of Covid-19 and its vaccination	Explain the impact of covid-19 pandemic	Identify various vaccines invented to prevent Covid infection.	Interactive Lecture: 1. Chalk & talk method. 2. Book Activity: •Prepare a list of Covid-19 symptoms. Write if you or someone in your family have felt any of these symptoms

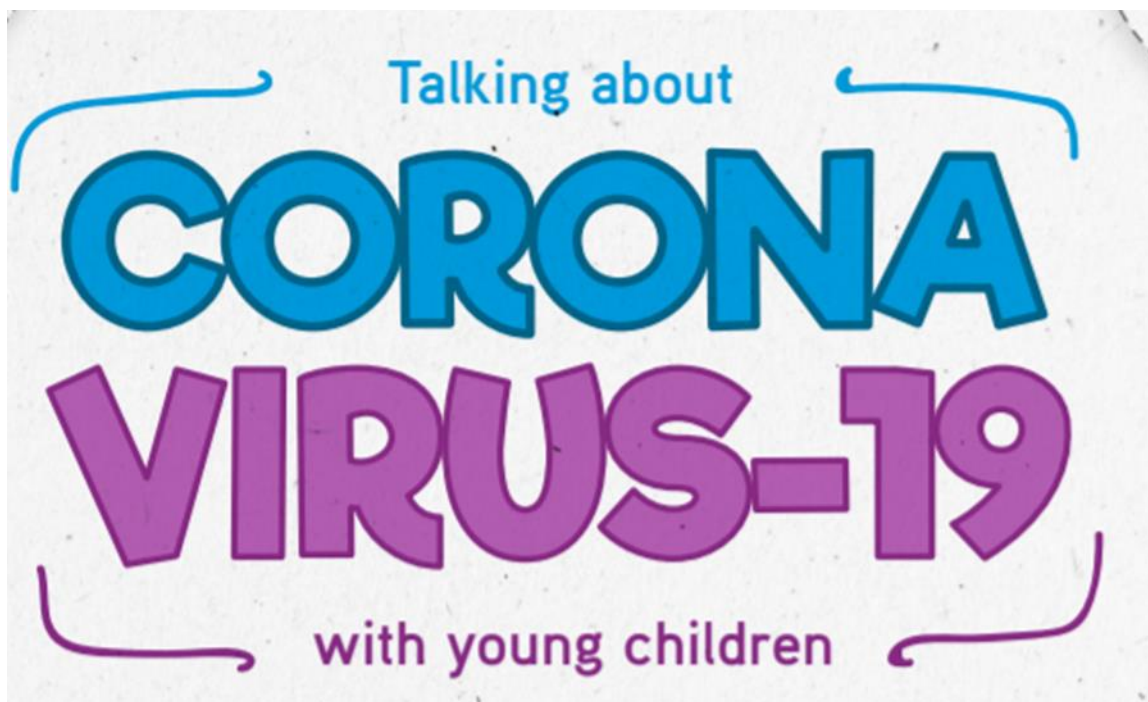
Objectives

After attending this session, you should be able to:

- Discuss about the what is coronavirus, symptoms and spread of Covid-19 disease
- Explain why Covid-19 is most contagious to the community
- Explain what are vaccines
- Discuss about the role of vaccination

1.1 Introduction

You've been hearing lots of scary stories in the news about the coronavirus. Do you know what exactly is it? And why coronavirus is spreading at such high rate? Let's figure out in the upcoming section.



Viruses are tiny particles that can invade living cells. There are millions of varieties of viruses, with different behaviours, shapes, and structures. Coronaviruses are one group, named for their crown-shaped structure. Four of these viruses commonly infect humans. A lot of times, when you catch cold, it's caused by a coronavirus. Any virus has one goal: to replicate, or make more copies of itself. But it can't do that on its own, so it enters our body and turns its

cells into virus factories. This can be unpleasant for us, the organism that the virus has infected. The new coronavirus typically causes coughing and fever. A healthy body can usually fight this illness, known as COVID-19, on its own. Symptoms are mild for most people, especially kids. But in a body with weakened defences, COVID-19 can become more severe and require medical treatment. Some people get seriously ill, and that has gotten everyone's attention.

This new coronavirus was first identified in Wuhan, China. In late 2019, there was an outbreak and that's when the disease started spreading. More and more people got sick, first in China and then around the world. Entire cities have been quarantined, or closed to control the virus spread. This virus is the one that caused a pandemic in 2020. COVID is the new disease that spread all over the world and infected many people. We have observed that this virus can spread very easily via vectors like objects we have touched through sneezing or coughing this can cause many people to get sick during the process of transmission that's why the disease has spread worldwide. Fortunately, viruses can't get around without our help. And there's a lot we can do to stop them from growing! Like washing your hands, especially after you use the bathroom and before you eat. That's always a good idea, and you probably already do it. Scrub with soap for at least 20 seconds to make sure you don't miss any spots. Whenever you cough or sneeze, cover your nose and mouth to help keep any germs contained. And if you're sick, avoid meeting other people as you definitely wouldn't want to infect them, even if it's a plain old cold. Well, when there's an outbreak where you live, experts recommend some added precautions. Like social distancing: limiting close contact with other people, even if you're not sick. Hang out at home with your family, and keep up with your friends online. That gives the virus fewer opportunities to spread around. Lots of outbreaks have been stopped when people just follow these simple rules. Yes, it's true that some people have died after being infected by the 2019 coronavirus. That's because the virus can cause severe infection in a person's lung and make it hard to breathe.

1.2 Symptoms of coronavirus

It affects people in different ways, it could be mild and can be treated at home, or severe cases needs hospitalization

Most common symptoms:

- fever
- cough
- tiredness
- loss of taste or smell

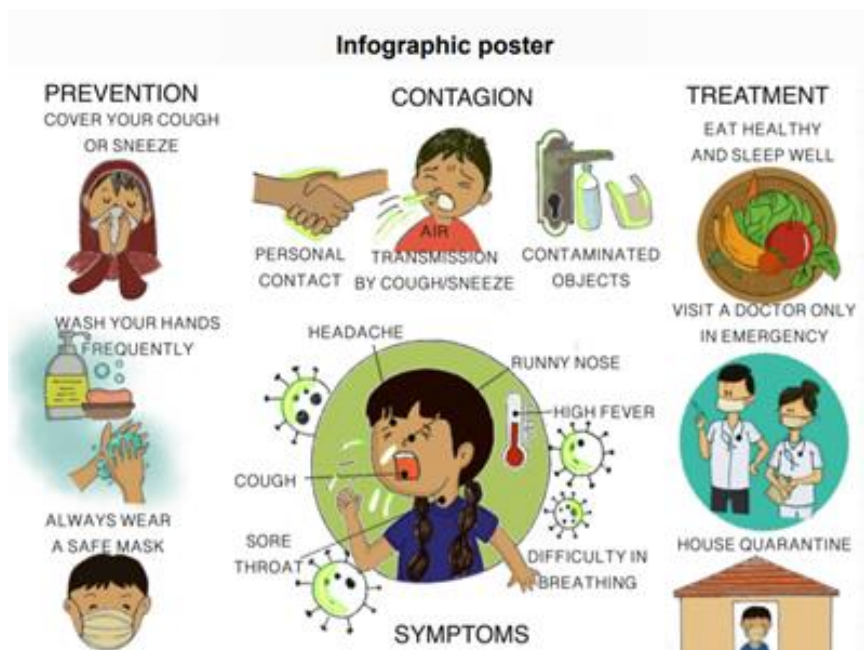
Less common symptoms:

- sore throat
- headache
- aches and joint pains
- diarrhoea
- a rash on skin, or discolouration of fingers or toes
- red or itchy eyes

Serious symptoms:

- difficulty in breathing or shortness of breath
- loss of speech or mobility, or confusion
- loss of smell & taste
- chest pain

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility. People with mild symptoms who are otherwise healthy should manage their symptoms at home. On an average, it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.



Those are the stories we hear about most online and in the news. But the vast majority of cases have been mild. If you feel overwhelmed by the news, consider limiting how much you let in. Instead of cable news and social media, stick to sources like the World Health Organization. They'll give you the big picture not just the scary snapshots that make the headlines. And they're organizing experts all over the world to get this coronavirus under control. Still, it's totally normal if the situation's made you a little anxious. Talk to a trusted adult they can help you put your feelings in perspective.

1.3VACCINES

You must have heard that a large number of people are getting vaccinated every day. But what are vaccines and how does it protect you from Covid-19. Let's understand A vaccine is like a shield that protects you from an illness.

1.4 How does vaccines work?

To understand how vaccine works, let us understand how our body reacts when any germ enters our body. When any germ enters our body, our immune system recognizes it and various types of cells come to kill that germ and protect us. Apart from this our body also remembers this germ for next time if it enters our body and generate same response. In the

same way, Vaccines educate your body how to defend itself against diseases. They do this by implanting a small bit of the germ that causes the illness you need protection from (or something that looks like the germ) into your body, which allows your body to learn how to resist it. This way, if you come into contact with the illness, your body will know exactly what to do, and you will not become ill. In case of coronavirus vaccine, a part of weakened coronavirus is put in our body and our body fights against it and remembers it. Next time, when real coronavirus enters your body, your body is easily able to fight against it and protect you from its ill effects.

You have been vaccinated for various diseases in your childhood. Ask your parents to show you vaccination record to you. Note down the number of vaccine you have got till now.

Did you know that viruses are only living inside human body? Yes, this is true. Viruses are non-living outside human body. That is why by avoiding contact with contaminated surface and washing our hands regularly we can avoid their exposure to ourselves

1.5 ACTIVITY

- Prepare a list of Covid-19 symptoms. Write if you or someone in your family have felt any of these symptoms

TEST YOURSELF

1. What does the “19” in “COVID-19” refer to?
 - A. There are 19 forms of the coronavirus.
 - B. There are 19 symptoms of coronavirus disease.
 - C. This is the 19th coronavirus pandemic.
 - D. The coronavirus and the disease it causes were identified in 2019.
2. True or false: There is more than one coronavirus.

A. True.

B. False.

Unit-2

Covid-19 Prevention

Learning Outcome

Location	Learning outcome	Knowledge evaluation	Performance evaluation	Teaching and Training method
Classroom	Students shall be able to explain about the various preventive measures of Covid-19 and testing procedures.	Explain the steps taken for prevention of Covid-19	Practise the good hygiene protocol for prevention of Covid 19	Interactive Lecture: 1. Chalk & talk method. 2. Book Activity: • Make a video explaining how to keep ourselves protected during covid pandemic and submit it to your teacher

Objectives

After attending this session, you should be able to:

- Discuss about the what is coronavirus, symptoms and spread of Covid-19 disease
- Explain why Covid-19 is most contagious to the community
- Explain what are vaccines
- Discuss about the role of vaccination

2.1 Covid-19 Prevention

Covid 19 is a disease that can be prevented if we take the following precautions.

1. Limit contact with others

You should ensure that you avoid coming into close contact with others especially those who are older, unwell, or have symptoms of the virus. If, a person lives within a community where coronavirus is present, the relevant government will have additional instructions on how to implement social distancing. These may include:

- staying home from work or working from home
- avoiding contact with anyone who is not a member of the household
- prohibiting large gatherings of people
- closing non-essential services, including bars and restaurants
- Staying home if unwell

If a person has mild symptoms of COVID-19, they can self-isolate by staying at home and avoiding contact with others. Even if a person is unsure whether they have COVID-19, a common cold, or something else, it is best to stay inside and rest.

2. Wash hands

Washing your hands is one of the easiest ways to protect yourself and others from illnesses such as food poisoning and flu. You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice (around 20 seconds):



- Wet your hands with water.
- Apply enough soap to cover your hands.
- Rub your hands together.
- Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.
- Rub your hands together and clean in between your fingers.
- Rub the back of your fingers against your palms.
- Rub your thumb using your other hand. Do the same with the other thumb.
- Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.
- Rinse your hands with water.
- Dry your hands completely with a disposable towel.
- Use the disposable towel to turn off the tap.

When to wash hands?

You should wash your hands:

- After using washroom
- Before and after handling raw food like meat and vegetable
- Before and after eating
- After blowing your nose, sneezing, or coughing
- Before and after treating cut or wound
- After touching animals, including pets, their food, and after cleaning their cages

- Washing your hands properly removes dirt, viruses, and bacteria to stop them spreading to other people and objects, which can spread illnesses

3. Wear face masks

Wearing a face mask can control the spread of coronavirus from a person to another. Let's understand the guidelines for wearing a face mask



How and when to use face masks?

According to the World Health Organization (WHO), people should wear a face mask in public when it is not possible to maintain at least 1 meter distance from others. Face masks are only effective if a person uses them correctly. Take the following steps to use and dispose of a face mask correctly:

- Before touching the mask or the face, wash the hands with soap and water for at least 20 seconds.
- Make sure that the mask covers the nose and mouth, with no gaps between the face and the mask.

- While wearing the mask, avoid touching it.
- If a person does touch the mask while wearing it, they should wash the hands again.
- Avoid reusing single-use masks.
- Do not write anything, such as a person's name, on the mask. This damages mask integrity and could allow contaminants to enter.
- Replace a mask if it becomes damp.
- Remove the mask by lifting the string at the back, rather than by touching the front.
- Discard used masks immediately into a closed garbage bin, then wash the hands again.

2.2 TESTS FOR COVID-19

Nose Swab test - You have heard there's a virus going around that can make people feel sick. A virus is a germ and it's so tiny you can't even see it. Some people who get this virus can have a fever or a cough and may feel achy and tired well. You may or may not be feeling sick so you will need to go through a test so we know how to best proceed with your medical care. This medical test will tell us if you have the virus. When you go to take your test, the healthcare provider will wear special protective clothing. They wear this clothing to keep themselves and you safe from getting germs. They will wear a mask to cover their nose , mouth and a clear plastic shield to protect their eyes



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The most important thing during your test is to sit straight and stay calm. You may take help from your parent or caregiver to help you take test properly. The healthcare provider needs to touch the inside of the back of your nose with the long skinny tip. To do this you need to hold your chin

up so the healthcare provider can put the tip in your nose for a short time to collect a sample. While this happens, you may want to push the tip away but it's really important to stay as still as possible so the healthcare provider can finish the test. The tip will be in and out of your nose in a few seconds. Counting to three or taking a deep breath relaxes them before the test happens.

2.3 ACTIVITY

Make a video explaining how to keep ourselves protected during covid pandemic and submit it to your teacher

TEST YOURSELF

1. True or false: if you are fully vaccinated, you may not be required to wear a mask in public places.
 - A. True.
 - B. False.

2. When is it safe to be closer than 6 feet to another person who is not sick with COVID-19 disease?
 - A. When the person is related to you.
 - B. When you have already had COVID-19 symptoms
 - C. When the person normally lives with you.
 - D. When you are outdoors with your friends

Unit-3

Be a Covid-19 Warrior

Learning Outcome

Location	Learning outcome	Knowledge evaluation	Performance evaluation	Teaching and Training method
Classroom	Students shall be able to explain about ways of minimising the spread of Covid	Explain the steps taken for prevention of Covid-19	List emergency helplines, RT PCR test resources	<p>Interactive Lecture:</p> <ol style="list-style-type: none"> 1. Chalk & talk method. 2. Book <p>Activity:</p> <ul style="list-style-type: none"> • Ask your family and relatives if they have been diagnosed with Covid-19 earlier. Discuss and make a list of impact on their health caused by Coronavirus

Objectives

After attending this session, you should be able to:

- Explain in brief how students can help themselves and others in fight against coronavirus
- Discuss emergency helplines, RT PCR test resources
- Discuss ways to curb the spread of coronavirus

3.1 Who is a covid- warrior?

A team of people who help and support during covid-19 pandemic are covid warriors. Doctors, frontline workers and various agencies work together to help prevent the spread of covid. All the people who are continuously serving the country and people during this pandemic are the warriors, not just doctors but the ward boy of the hospital, the cleaners as well. Various non- government organisations are also considered covid warriors as they helped in serving people with basic needs like food, water during this tough time

These people were serving the nation, even when there was complete lockdown

- Defence Services
- Airline Employees.
- Bank Employees.
- District Administration.
- Employees of Pharma Companies/ Research Laboratories.
- Farmers.
- Indian Railways Employees.
- Media Persons.
- Medical Professionals.

Other than them, there were some people who helped others but were not able to help themselves in the difficult times. Let us look at some stories:

Manzoor Ahmad from Kashmir

As per mygov.in, Manzoor Ahmad is an Asthma patient. However, his medical condition did not stop him from helping others fighting Covid. "Despite being Asthmatic himself, Manzoor Ahmad drives a small truck to refill and deliver oxygen cylinders to Covid patients in need,"

Farmers from Gujarat

Farmers who work at R Gorad farm from Gujarat's Gir gave all the coconuts planted in their farms to Covid patients at Junagadh Civil hospital for free.

Nina Muniyal From Agra

Nina Muniyal has started an initiative called 'Prasad' which provides free home-cooked nutritious meals to over 100 Covid patients daily

Let's take a moment and appreciate our corona warriors as they helped us and humanity without thinking about the danger on their own lives.

You can also be a covid warrior by doing so,

1. Staying at home to limit the spread of coronavirus
2. Washing your hands regularly
3. Asking your family members not to go out until urgent
4. Keeping your environment clean
5. Using sanitizers when touching any surface



3.2 Important helpline numbers

Corona (covid 19) Helpline: 011-239780046 or 1075

NATIONAL EMERGENCY NUMBER	112
POLICE	100
FIRE	101
AMBULANCE	102
Disaster Management Services	108
Women Helpline	1091
Women Helpline - (Domestic Abuse)	181
Anti-Poison (New Delhi)	1066 or 011-1066
EARTHQUAKE / FLOOD / DISASTER (N.D.R.F Headquarters)	011-24363260
NDRF HELPLINE NO:	9711077372
Children In Difficult Situation	1098
ORBO Centre, AIIMS (For Donation of Organ) Delhi	1060

24 HOUR AMBULANCE IN DELHI	
All India Institute of Medical Sciences (AIIMS)	011-26588776, 26594405, 011-26594706
Centralized Accident Trauma Service (CATS)	102, 1099
Escort Hospital	011- 26825000
Moolchand Hospital	011- 42000000
Batra Hospital	011- 26083747
Rajiv Gandhi Cancer Institute	011- 27051011 to 29
Sir Ganga Ram Hospital New Delhi	011- 25750000, 25757575
Vidyasagar Institute of Mental Health & Neurosciences (VIMHANS) WEBSITE	9650725925, 011- 29802980

Max Emergency Ambulance	011- 40554055
National Heart Institute	011- 26441293
Holy Angles Hospital (Vasant Vihar)	011- 6143411, 43357700

3.3 ACTIVITY

Ask your family and relatives if they have been diagnosed with Covid-19 earlier.

Discuss and make a list of impact on their health caused by Coronavirus.

TEST YOURSELF

1. Staying apart from other people when you have been exposed to the coronavirus is called:

- A. Physical distancing.
- B. Isolation.
- C. Quarantine.
- D. none of the above

2. How can you be a corona warrior during your birthday in the COVID-19 pandemic?

- A. Sharing a meal with relatives only.
- B. Having a virtual party using an online conferencing app.
- C. Hitting your favourite bar when it's less crowded.
- D. Gathering at a friend's house with people you know well.

Unit-4

Fight against Covid-19 Pandemic

Learning Outcome

Location	Learning outcome	Knowledge evaluation	Performance evaluation	Teaching and Training method
Classroom	Students shall be able to explain about how to fight with covid-19 if someone becomes sick	Explain about self-quarantine procedure	List down some of the steps taken during quarantine.	Interactive Lecture: 1. Chalk & talk method. 2. Book Activity: • If someone falls sick in your family. Write 5 steps of dealing with it physically and emotionally

Objectives

After attending this session, you should be able to:

- Discuss about self - quarantine procedures
- Explain what actions could be taken if a student becomes sick
- Discuss the impact of Covid-19 on humanity and human health
- Outline the psychological, practical and emotional support in fighting Covid pandemic

4.1 QUARANTINE

Quarantine is a strategy for preventing COVID-19 transmission by isolating those who have had any contact with someone who has COVID-19 from the rest of the population.

Who should quarantine?

1. If you have been in close contact with someone who has been infected with SARS-CoV-2, the virus that causes COVID-19, in a way that enhances the risk of infection.
2. If you have symptoms like cold, fever, body ache

How to Quarantine yourself

- Stay home and away from people for at least 5 days
- wear a well-fitting mask when around others at home.
- Keep an eye out for fever (100.4°F or higher), cough, shortness of breath, or other COVID-19 symptoms for at least 10 days after your last close contact with someone who has COVID-19.
- If you have symptoms, get tested right once and isolate yourself until you get your results. If you test positive, you should isolate yourself.
- Get tested at least 5 days after you last had close contact with someone who has COVID-19 if you don't develop symptoms.
- If you test negative for COVID-19, you must wear a well-fitting mask around others at home and in public for at least 10 days following your last close contact with someone who has the virus.

- If you test positive, you must isolate for at least 5 days after the positive test date (if you do not have symptoms). If you acquire COVID-19 symptoms, you should isolate for at least 5 days after they start (the date the symptoms started is day 0). Follow the guidelines in the section below on isolation.

After Quarantine

- Keep an eye out for symptoms for at least 10 days after you've had close contact with someone who has COVID-19.
- If you develop symptoms, separate yourself as soon as possible and get tested.

4.2 IMPACT OF COVID PANDEMIC ON HUMANITY

Psychological support for children

Can't go to work? Schools closed? No friends around? It is normal to feel stressed and overwhelmed. School shutdown is also a chance to strengthen relationships with your parents and other family members. Quality time is free and fun. It will make you feel loved and secure. It is natural for you to experience stress, anxiety, grief, and fear during a pandemic like COVID-19. Fear and concern for your own health, as well as the health of your loved ones, can be overpowering and result in powerful emotions.

Sometimes, the information and news shared on social media and other platforms may not be factually correct, causing confusion, more anxiety and stress. In the upcoming section we will discuss how can you practice mindfulness and stay relaxed during this pandemic time

Signs that you are feeling anxious about covid pandemic

- Difficulties in sleeping and eating
- Nightmares
- Being withdrawn or aggressive
- Complain of pain in stomach or headache without physical reason
- Having fears, being afraid to be left alone

- Clinging, depending behaviours
- New fears manifest (for instance of the dark)
- Decreased interest in playing and engaging in playful activities
- Being sad, crying more than usual or for no apparent reason

If you feel any of these symptoms, talk to your parents frankly about your problems and have a healthy conversation



How can you enjoy and be more creative during pandemic?

- Concentrate on the positive side of staying at home. Enjoy having extra time to spend with your family. Make it as entertaining as possible. Make projects with your family. Organize your possessions and create masterpieces.
- Avoid watching, reading, listening or discussing too much news about the COVID-19 and persuade children to divert their attention to other topics as well.
- Talk to your parents about what you feel and ask questions
- Feel comfortable and ask your parents and elders to provide you with accurate information about COVID-19
- Keep discussions focused on preventive actions. Set up and praise healthy hand-washing habits, and maintain regular routines for playtime, meals and other activities
- Sing, laugh, and, if possible, get some exercise while connecting with nature.
- Connect with school and friends virtually

- If you feel any of these irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration, and withdrawal from activities and friends talk to your parents immediately
- Prepare yourself and not panic
- Practice yoga and meditation

How can you support your parents during this pandemic?

Here are some suggestions for saving money with your family. Even small things can help:

- When not in use, turn off the lights, television, stereo, and curling iron.
- Reduce the number of phone calls you make and keep them brief.
- Reduce the amount of hot water you use by taking shorter showers.
- When feasible, hang items to dry rather than using a dryer.
- To save time ironing, remove garments from the dryer as soon as possible.
- After wearing your clothes, hang them up to dry so they don't need to be washed as often and last longer.
- When considering what to eat, don't stand with the refrigerator door open.
- Use both sides of paper to save money on school supplies.
- Don't waste food.

Here are some suggestions you can support your parents mentally

- Consider the things you do to irritate other members of your family, find a way to stay away from doing those activities.
- Help out without being asked by doing extra duties.
- Make sure you clean up after yourself.
- Picking fights with siblings is a bad idea.
- Spend time looking after your younger siblings.
- Share your belongings and school supplies with other members of your family. You should also learn to be generous with your time.
- Make an effort to try new meals with zeal.

- If there is a task that needs to be completed and you are capable of completing it, do so; it would be greatly appreciated.
- Kindness should be shown to your family. Please and thank you should be used frequently.
- Positively accept your parents' decisions.

4.3 MYTHS & MISCONCEPTIONS on COVID-19

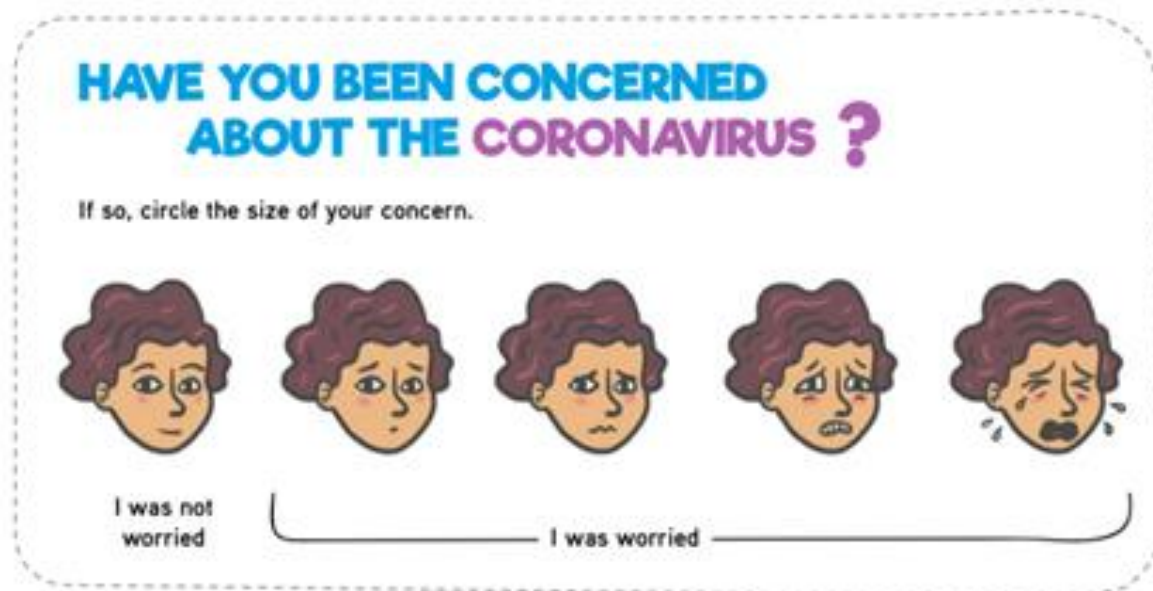
You need to be mindful about myths and rumours that are circulating. Make sure you too know the harms of spreading fake information amongst people. The following information is NOT TRUE:

- The virus attacks only old people and children and spares young people
- The virus is transmitted through pets and people should abandon their pets
- The use of mouthwash, antibiotics, cigarettes and alcohol can kill COVID-19
- Going for a steam bath, outside in the sun, can prevent you from getting infected from corona virus
- All food items are contaminated and will spread the corona virus
- There is no need to worry as Indians have higher immunity and are exposed to many diseases than people in the western countries
- Corona virus does not survive in warm/hot weather Always use credible sources of information verified by Ministry of Health and Family Welfare, Government of India

Activity you can do with your parents to relieve stress

This manual provides resources to help you calm the minds of children and help them cope with the stress they face by engaging in solution oriented, future focused, creative activities. The following creative activities are available in this document for engaging with adolescents aged 10 to 15 years.

1. Creative Printable with messaging (7 Corona Warriors Reward Stickers and 3 Gratitude Colouring Sheets)
2. Infographic Poster & Worksheet explaining Symptomatology, Contagion and Prevention for Covid-19



4.4 ACTIVITY

If someone falls sick in your family. Write 5 steps of dealing with it physically and emotionally

TEST YOURSELF

1. If your family member has high fever, which of the following measures will you follow?
 - A. Quarantine them with proper care
 - B. Allow them to go outside
 - C. Let them roam in house and affect everyone else
 - D. None of the above
2. If during night you feel sick and suffocated, what will you do first?
 - A. Inform your parents
 - B. Go back to sleep
 - C. Start watching television'
 - D. All of the above