

Life skills. Grade 5

Week 16 3 August – 7 August.

Basic hygiene principles: - Issues of Covid19

What is Covid 19?

According to the NATIONAL INSTITUTE OF COMMUNICABLE DISEASES

The Human corona viruses are common throughout the world. The word Corona refers to a crown. When these viruses are viewed through an electron microscope they have crown-like spikes on their surfaces. There are many different corona viruses identified in animals, but only a few such as the 229E, NL63, OC43 and HKU1 can cause diseases in humans. They are a common cause of illness resulting in respiratory (breathing) problems.

The Corona virus disease (COVID 19) is an infectious disease caused by a newly discovered coronavirus.

Most people who become sick with the COVID 19 will experience mild to moderate Flu-like symptoms and they may recover without special treatment. However Covid 19 can be fatal, especially in the case of the elderly and those suffering from T.B. Diabetes, Heart disease, Obesity, Cancer or other respiratory illnesses.

Covid 19 has become a worldwide pandemic, with thousands of people becoming infected and many people losing their lives to it. People need to take special precautions to reduce the rapid spread of this disease.

Social Physical Distancing

1. In your own words explain what your understanding of Social Physical Distancing is.

2. Why do you think it is necessary for people to practise social distancing?

Sanitizing and hand washing.

When going into any shop, peoples' hands are sanitized, this helps to prevent the disease from spreading.

For example, if a person has Covid 19 and their hands are not sanitized and they do not know that they are infected, they could spread the disease easily when they touch and handle items. When an uninfected person enters the same shop and touches the same items, the virus can get onto their hands and enter their body when they touch their eyes or

mouth. They can also pass it onto someone else if they give them a hug and so the virus is spread quickly from one person to the next. The virus can remain alive on items for a few days. By sanitizing hands on entry into a shop the virus on the infected person's hands is killed and this can prevent the spreading of the virus. Sanitizing surfaces regularly also kills the virus.

For sanitizer to be effective it needs to contain _____ % alcohol.

Hand washing is very important and if one doesn't have sanitizer, soap can also kill the virus. Wash hands regularly for at least _____ seconds to destroy the virus.

Using a face mask.

1. It is important for every bodies' safety to wear a face mask.
Do you think that this a True or False statement? _____
Explain why you say so. _____

2. What is the correct way to wear a mask when entering a public place?
3. Circle the correct answer
 - a) Under your chin, so that it can quickly be pulled onto your face when you see someone.
 - b) Over your mouth, with your nose sticking out so that you can breathe easily.
 - c) Over your mouth and your nose.
 - d) Hanging from one ear.
4. A person can easily be infected with Covid 19 when they breathe in the virus, or when they touch their face, eyes or mouth with Covid 19 infected hands.
True or False _____
Explain why you say this. _____

Locally occurring health problems.

Covid 19 is not the only infectious disease. There are many infectious diseases that may result in death. E.g. TUBERCULOSIS (T.B.), MALARIA, DIARRHOEA, MEASLES etc.

These infectious diseases can be fatal if not treated in time, but infections can be prevented.

The difference between Covid 19 and these other diseases is that there is either a vaccine to prevent infection or there is specific medication that can assist a person to get better.

Tuberculosis

This is a disease caused by a bacteria that usually affects the lungs. However T.B. can be in other parts of the body, depending on where the bacteria grows.

Symptoms are: - a continuous cough, where the person may even cough up blood. Unintentional loss of weight, loss of appetite, pain in the chest, feeling tired, night sweats and fever.

TB is very easily passed from one person to another through the air, as the germs are coughed into the air on tiny droplets of spit and someone else may breathe in the germ. It is important for a TB infected person to sleep alone in a room to reduce the chances of infecting another person while coughing at night in a small environment.

Treatment:

T.B. is curable. There is medication to treat T.B, but this needs to be taken continuously for at least 6 months to effectively kill off the bacteria. If an infected person feels better and stops taking the medication before the 6 months are up they are putting their life in danger of becoming reinfected. When this happened and they need to go back onto the medicine, it may not be effective as their body may have built up an immunity to it, and they may die from T.B.

If a doctor suspects that someone has T.B. they would do a sputum (spit) test, to determine if they have it or not.

Malaria.

Many people, especially children in South Africa die from Malaria. Malaria is a disease caused by a parasite that is passed from female infected mosquitoes to a humans through the bites.

Symptoms

People who are infected with Malaria usually feel very sick with a very high fever and cold chills.

Medication: There is a vaccine against Malaria, but it isn't very effective. Preventative medication is available for people who are planning on entering a Malaria infected area. This medication is taken 10 days before visiting a Malaria area and for 10 days after leaving a Malaria infected area.

There are other ways of preventing being bitten by a Malaria infected mosquito. Wearing long sleeve tops and long pants at night, sleeping under a mosquito net and applying insect repellent.

1. Which areas in South Africa are known to be Malaria areas?
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