

LIFE SKILLS - LOCKDOWNGradeWEEK 17. 11 – 14 August.

We are all at risk to contract Covid 19 or any other disease. Disease does not discriminate between people. Whether one is male, female, rich, poor, employed, unemployed, clever, Black, White, Indian or Coloured we are all at risk to become infected.

***Self- management skills.***

1. What can you do to protect yourself from becoming infected by Covid 19?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
2. What must a person do if they have been in contact with a person who is positive with Covid 19?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What can you do to prevent yourself from getting Malaria if you know that you are going to visit a malaria area?  
\_\_\_\_\_  
\_\_\_\_\_.
4. Tuberculosis is very common in South Africa. If a family member has TB, what precautions can be taken so that the rest of the family don't also become infected?  
\_\_\_\_\_  
\_\_\_\_\_
5. What advice would you give to someone who has just found out that they are Covid positive.  
\_\_\_\_\_  
\_\_\_\_\_

6. Whose responsibility is it to keep you safe and protect you from becoming infected with Covid 19?  

---
7. Listen to the radio, watch TV. Announcements and read posters or pamphlets and list the symptoms of Covid 19.  

---

  

---

Reading with understanding. READ THE INFORMATION AND THEN ANSWER THE QUESTIONS.

***Available Treatment for Health Problems.***

Although Malaria, Tuberculosis and Covid 19 can result in death, not everybody who becomes ill with these diseases will die. Survival depends on the strength of a person's immune system, how soon they receive medical attention and what medication is available.

Local Health Clinics are able to deal with many of the common diseases and ailments. If they find that they are unable to deal with and treat the illness they will refer patients to the closest Hospital, where they will be treated by a doctor.

However, if a patient suspects that they are Covid 19 positive, they are advised to NOT visit a doctor or a clinic, but to call the HOTLINE for Covid 19 on **0800 029 999** They will then be referred for testing.

Testing is done by either a swab sample taken from the back of the throat or from the inside of the nose. This is then sent to a medical laboratory, where it is analysed and a diagnosis is made.

It takes about 48 hours for test results to become available. While waiting for test results one should practice self- isolation, this means that the person should avoid contact with other people. If the results are negative, the person can resume life as before, but continue to practice social distancing by always being at least 1Metre from another person, avoiding social gatherings visiting of friends or family, avoid hugging and shaking of hands, to wash hands regularly with soap and water, to wear a mask whenever they leave their home and to sanitise their hands often.

If the person's test results are positive, they should remain isolated from other people, and most certainly they need to stay at home for 10 to 14 days. They need to limit their contact with family members to avoid spreading the disease to them. They should wear a face-mask at all times, even in their own home. All surface such as kitchen counter tops, door handles, couches, taps, light switches, fridge and cupboard handles and toilets should be washed down often with bleach to protect the family from infection. After 14 days another Covid 19 test should be done to see if the infected person has recovered from the infection.

If the infected person starts having difficulty breathing, they need to be taken to a hospital for more intense medical treatment. Some may even have to be placed on a ventilator. A ventilator is a machine that helps the person to breathe. A pipe is inserted into the mouth, down the throat and into the lungs of the person. When on a ventilator the person is unable to speak or to eat or drink. When the illness has progressed this far the person is usually very ill. Hospitals don't allow any visitors to any patients, because they fear that people who are Covid 19 positive and don't know it, may infect patients who are in hospital for other reasons e.g. operations.

At present there is no vaccine for Covid 19. Scientists are working around the clock to find a suitable vaccine. Vaccines usually take years to develop, because they have to be thoroughly tested before they can be given to people. There is a Flu vaccine, but it isn't a Covid 19 vaccine, even though the Covid 19 symptoms are similar to flu symptoms.

### Questions.

1. Name 2 diseases that cause many deaths in South Africa.  
\_\_\_\_\_ and \_\_\_\_\_
  2. What is the number for the Covid 19 Hotline? \_\_\_\_\_
  3. How long does it usually take for the results of a Covid 19 test to be released?  
\_\_\_\_\_
  4. True or False
    - a. There is a vaccine for Covid 19. \_\_\_\_\_
    - b. There are tablets to prevent Malaria \_\_\_\_\_
    - c. Covid 19 is very contagious. \_\_\_\_\_
    - d. Malaria is contagious \_\_\_\_\_
    - e. Tuberculosis is not contagious. \_\_\_\_\_
  5. Which of the 3 diseases Malaria, Covid 19 or Tuberculosis do you fear the most  
\_\_\_\_\_
- Explain why you feel this way. \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_