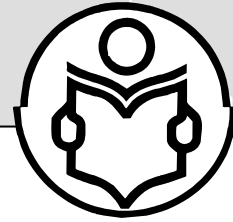


Spring 2020

I CARE



*mini*

# BREAKTHROUGH



**COVID-  
19**



Inside this *mini-Breakthrough*, we have info on COVID-19 and other stories too. Try the exercises yourself. We look forward to your feedback.  
At the back are puzzles.

## Chris-Anne and Nancy

All illustrations are from clipart.com unless otherwise noted.

Photos of Nigel Howard are courtesy of Signfeld.ca

*Breakthrough* is a publication of the  
I-CARE Adult Literacy Program at Douglas College.  
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Chris-Anne Stumpf and Nancy Walker

If you would like copies of *Breakthrough* or have suggestions or questions, please contact us at 604-527-5409 or [walkern@douglas.bc.ca](mailto:walkern@douglas.bc.ca)





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**Word Searches and Solutions**





## **Dear I-CARE learners,**

Hello to everyone from Chris-Anne and Nancy.

These are hard times! We hope you are safe at home. We are all learning new ways of life.

Staying home and washing our hands doesn't sound like much fun.

But that way, we are part of a big team fighting the virus. Be part of the team!

We won't be able to have our usual tutoring in person for a while. We can't have the Spring Dinner in April. We will have a party later.

We have ideas about how to keep learning reading and writing. If you have a tutor, talk on the phone. Maybe you can plan to work together using the phone.

Stories in this issue are written by Nancy Walker.







## **COVID-19 information**

### **What is COVID-19?**

It is a virus found in animals and humans. This virus is new for humans. Our bodies are not used to it. It can make people very sick and some people die.

### **Why is it so dangerous?**

It is new to humans. Our bodies don't know what to do. Scientists are learning about the virus now. There is a lot to learn. We have no drugs for this virus. Scientists are working hard around the world. It takes time to make new drugs.

### **How does it spread?**

COVID 19 spreads a lot. It moves from one person to the next. A person may have the virus but doesn't seem sick.

When that person coughs or sneezes, the virus goes into the air. It can land on things. If a person is close, they might breath it in.

It goes onto their hands. Then if they touch something, the virus spreads. The virus can stay for a little while on objects many people

touch. Some examples in public places are bank machines and hand rails.

If we shake hands with a person who has the virus, we might get it too. That's why we have to be careful.

But we can help slow down COVID-19.



## How can we slow COVID-19 down?

### 1. Hand washing

We have to wash our hands often to stay healthy. Wash with warm water and soap. Wash longer than usual. Sing happy birthday twice and keep washing fingers and nails.

Wash after going out of the house. Wash often. If you can't wash when outside, use hand cleaner like Purell.



## **2. Don't touch your face**

The virus enters our bodies through eyes, nose and mouth. Don't touch your face when you are out. Don't touch your face if your hands are not clean. This will help you stay healthy.

## **3. Stay 6 feet (2 meters) away from the next person**

We can go out to buy food, go for a walk or go to the drug store. BUT we have to stay far from other people. This is called "social distancing" or "physical distancing."

## **4. Remember when you go out:**

- Don't touch your face when you're out.
- Wash your hands – after you touch doors, elevator buttons, shopping carts. Use your elbow to open doors if you can. Wash very well when you get home.
- Clean things you touched, like your phone and your bank card.

## **5. Most important: stay home away from other people.**

## How do you know if you have it?

Signs of COVID 19 are:

- a fever
- a cough
- trouble breathing

If you are sick and have these signs, call **8-1-1** to talk to a nurse. They will tell you what to do.

Stay home away from other people.



## Why is it important to stay home?

We have to stay home away and avoid crowded places. This is the most important thing we can do to help. It slows down the spread of the virus. The more people do this, the better.

## **How to stay home and stay OK.**

### **1. Find ways to be friendly**

We all need our friends. It is hard to be alone. It can feel lonely to stay home. Call friends on the phone. Smile when you pass people on the street or in the store. Remember everyone is having a hard time.



### **2. Healthy habits at home**

Most of us don't want to stay home every day. It is a big change. We have to get used to it. It can help to plan things to do at home.

Things to try are:

- do some exercises each day
- get some time outside each day
- write some notes in a journal
- make a regular phone date with a friend
- learn something new from TV or YouTube or a book
- see if a neighbour needs help with shopping
- make healthy meals as best you can – eat well

**Do you feel too lonely or afraid?** You can call **310-6789** (no area code) if you need help. They will answer 24 hours a day.







## Writing Starters

I know someone who works in a hospital.

I am worried about....

I watch Dr. Bonnie Henry on TV. I think....



## Word Search

V	A	H	E	A	L	T	H	Y	U
I	B	E	C	E	I	C	O	W	L
R	D	D	S	P	R	E	A	D	P
U	R	O	P	N	L	R	C	I	M
S	C	I	E	N	T	I	S	T	S
T	O	K	A	R	E	O	N	L	I
Y	U	W	A	S	H	T	E	D	C
I	G	L	N	D	Y	P	E	S	K
K	H	L	D	C	O	Y	Z	X	C
K	J	F	E	V	E	R	E	B	Z

VIRUS

HEALTHY

SICK

SNEEZE

FEVER

SPREAD

COUGH

SCIENTISTS

WASH

## Match the word to the definition

1. Social distancing	A. to cover a large area
2. virus	B. not sick
3. habit	C. high temperature
4. drugs	D. something that can make you sick
5. healthy	E. something you do a lot
6. fever	F. to keep a physical distance from a person
7. spread	G. medicine

1. Keeping 6 ft (2metres) from other people is called

\_\_\_\_\_.

2. Her temperature was 100 (38C). She had a \_\_\_\_\_.

3. One of my \_\_\_\_\_ is to walk every morning at 8am.

4. When they were sick their doctor gave them \_\_\_\_\_ to make them better.

5. The COVID-19 \_\_\_\_\_ is bad as it makes people very sick.

6. If you do not cover your mouth when you sneeze you can \_\_\_\_\_ the virus.

## On the News

Every day there is news on TV about COVID-19.

We see a man telling the news to deaf people.

His name is **Nigel Howard**. He is sharing news with people who don't hear. He does sign language. He does a great job. People love him. He has a fan club.

Nigel Howard is deaf.

He teaches at Douglas College and other schools. He is an expert. He also works for the United Nations.



We see him every day on the news. It is real team work. First Dr. Bonnie Henry speaks. Then a second person hears her words. They do sign language for Nigel. We don't see the second person on TV.

Then Nigel presents the news in sign language. He is the best person to report to other deaf people. He tells everything with his hands and his face.

## The 7 o'clock Cheer

People in Vancouver and New Westminster are cheering health care workers. They cheer at 7 o'clock near big hospitals each evening. They cheer to thank the nurses, doctors and all the hospital workers.

Everyone in the hospitals is working hard. There will be more sick people in the next weeks. Some hospital workers will get sick too.



Many people want to thank them. They want to cheer for them. People cheer from their balconies. They honk car horns. They bang pots and pans.

Hospital workers like it. Some say it makes them feel good. It helps.

People got ideas from Italy. Many, many people got sick there. Many have died. People are staying at home to help others stay healthy.

In Italy, people sing from their balconies. Their neighbours join in. Many people sing together. It helps them have hope. It helps people feel less lonely. They sing special songs of their country. It helps a lot.

People in Vancouver and New Westminster and many other places got ideas too. In Victoria, people honked their horns near the hospital to say thank you. Some people dance on their balconies. Everywhere, people want to cheer hospital workers. They want to help others have hope and feel better.



## Exercise Answers (exercises start on page 10)

### True or False

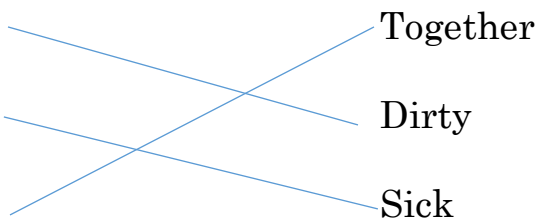
- COVID-19 came from outer space. F
- We aren't allowed to leave our homes now. F
- Washing hands well can slow the spread of COVID-19. T
- There is nothing I can do to help. F
- Throwing up is a sign of COVID-19. F
- You can call 8-1-1 for health advice. T

### Word opposites (draw a line)

Clean                      Together

Healthy                     Dirty

Alone                       Sick



### Fill in the Blank

1. COVID-19 is a **virus**.
2. The virus gets in our bodies through our **eyes, nose, and mouth**.
3. We should try not to touch our **faces**.
4. I can clean my hands with **soap** and **water**.



<b>V</b>	A	<b>H</b>	<b>E</b>	<b>A</b>	<b>L</b>	<b>T</b>	<b>H</b>	<b>Y</b>	U
<b>I</b>	B	E	C	E	I	C	O	W	L
<b>R</b>	D	D	<b>S</b>	<b>P</b>	<b>R</b>	<b>E</b>	<b>A</b>	<b>D</b>	P
<b>U</b>	R	<b>O</b>	P	N	L	R	C	I	M
<b>S</b>	<b>C</b>	<b>I</b>	<b>E</b>	<b>N</b>	<b>T</b>	<b>I</b>	<b>S</b>	<b>T</b>	<b>S</b>
T	<b>O</b>	K	A	R	E	O	<b>N</b>	L	<b>I</b>
Y	<b>U</b>	<b>W</b>	<b>A</b>	<b>S</b>	<b>H</b>	T	<b>E</b>	D	<b>C</b>
I	<b>G</b>	L	N	D	Y	P	<b>E</b>	S	<b>K</b>
K	<b>H</b>	L	D	C	O	Y	<b>Z</b>	X	C
K	J	<b>F</b>	<b>E</b>	<b>V</b>	<b>E</b>	<b>R</b>	<b>E</b>	B	Z

1. Social distancing	F. to keep a physical distance from a person
2. virus	D. something that can make you sick
3. habit	E. something you do a lot
4. drugs	G. medicine
5. healthy	B. not sick
6. fever	C. high temperature
7. spread	A. cover a large area

1. Keeping 6 ft (2 metres) from other people is called **social distancing** or **physical distancing**.

2. Her temperature was 100 (38C). She had a **fever**.

3. One of my **habits** is to walk every morning at 8am.

4. When they were sick their doctor gave them **drugs** to make them better.

5. The COVID-19 **virus** is bad as it makes people very sick.

6. If you do not cover your mouth when you sneeze you can **spread** the virus.