



***My Pandemic Activity Book:
6 Weeks of Learning
and Fun!***



Week 1

Let's Keep it Clean!

INTRODUCTION FOR CAREGIVER

It can be hard to find things to do while staying at home due to the coronavirus. The HCQU has designed 6 activity books to help people learn and grow during this time. Each book has a theme and includes daily activities related to the theme for that week.

Encourage those who are able to work on the books to complete them as independently as possible. Some self-advocates will require your assistance to complete the activities in the book. You may want to read through each book before anyone starts working on it to make sure all necessary supplies for the activities are available. We encourage caregivers to participate in the activities, as there are opportunities to learn, create, move, and have fun. Self-advocates may be more likely to complete the learning in the books if they are doing it with someone else.

We hope that these books spark new things to do as well. The theme for each week can promote conversation between you and those in your care and lead you to explore other areas of interest. Feel free to add more information to the topics of each week; make it specific to the person using the book. Most of all, have FUN with it!

HOW TO USE THE INFORMATION OFFERED IN THESE BOOKS

It is best to review this guide slowly and focus on one section at a time, allowing the person to talk and/or ask questions after each idea/page is presented.

For best practices:

- Allot time to review this material when the individual is alert and interested.
- Ensure that the setting is free from distraction.
- Assure any necessary materials are available.
- Review each daily activity, explain it to the individual, then practice it with the person.
- Remain positive, calm, and upbeat.
- Remember to offer positive reinforcement and praise along the way, especially after the individual has completed the material successfully.

ABOUT THESE BOOKS

Hi! These books are full of information and fun activities to help you pass the time while staying at home due to the coronavirus pandemic. There are 6 different books for you to try. You can have fun and learn something new while using these books.

Here are some words to remember if you need encouragement to use the books, or any time you have to do something hard:

***“The secret to getting ahead
is getting started.”***

~Mark Twain

This means you can only learn something from these books by opening them up and doing the activities. Once you get started, you will have a way to learn something new. Learning new things helps you to be better. Getting started is the most important first step, any time there is something that’s hard to do!

We hope you enjoy the activities. Ask your caregivers or family members to help you do them. Have fun together!

The Kepro Health Care Quality Unit

DAY 1 – KEEP YOUR BODY CLEAN



TAKE A SHOWER OR BATH EVERY DAY

To be clean, it's important to wash all over your body with soap and water.

It's also important to wash your hair a few times a week.

Don't forget the area behind your ears, your armpits, where your legs meet your private parts, your private parts, under a woman's breasts, under your belly, and the back of your neck.

If you can't reach a part of your body, ask your caregiver or family member for help. They can help you, or get you a device that can help you reach the area that's hard to reach.

When you are all done, be sure to rinse off all the soap with water and pat your body dry.

Dry all areas of your body, even in between your toes!

Put on deodorant ,and if you like, body powder.

Put on clean clothes, and you are done! You did it! You took a shower or bath.

Go to the next page for a fun activity!

MATCH GAME ACTIVITY

Draw a LINE from the PICTURE to the MATCHING WORD



DRYING TOES



TAKING A BATH



TAKING A SHOWER



WASHING THE BACK

DAY 2 – WASH YOUR HANDS

It's important to wash your hands

- ◇ **Before** touching foods, such as before making a sandwich
- ◇ **Before** all meals
- ◇ **After** going to the bathroom
- ◇ **After** petting animals
- ◇ **After** taking out the garbage
- ◇ **After** blowing your nose
- ◇ **When** you see dirt on your hands



How to Wash Your Hands

1. Wet hands with water.
2. Put soap on hands.
3. Scrub hands for at least 20 seconds. Sing the "Happy Birthday" song 2 times.
4. Rinse hands.
5. Dry hands using a clean towel, or let air dry them.



Practice washing your hands with soap and water.

HAND SANITIZER When Soap and Water Are Not Available

Always use soap and water when you can. If you don't have soap and water, you can use hand sanitizer. Hand sanitizer is a gel that cleans your hands and removes most of the germs you cannot see. Here's how to use hand sanitizer:



1. Pour a dime-sized amount of hand sanitizer in the palm of your hand.
2. Rub the sanitizer gel all over your hands, front and back.
3. Keep doing this until your hands feel dry.
4. When your hands are dry, they are clean!



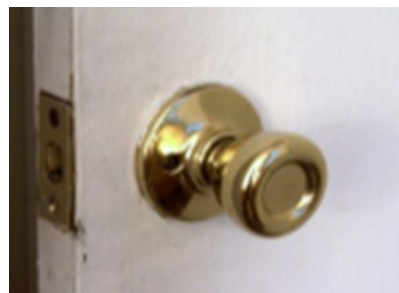
Practice cleaning your hands with hand sanitizer.

You did it!
You have clean hands!

Note to Caregiver: Talk with the person about times when hand sanitizer might be used, such as in a park, when in the drive through line at a fast food restaurant, or the beach.

DAY 3 – KEEP THE HOUSE CLEAN

The coronavirus can live on the surfaces of things in our homes that we use or touch everyday. These pictures show items people touch every day. Can you name others?

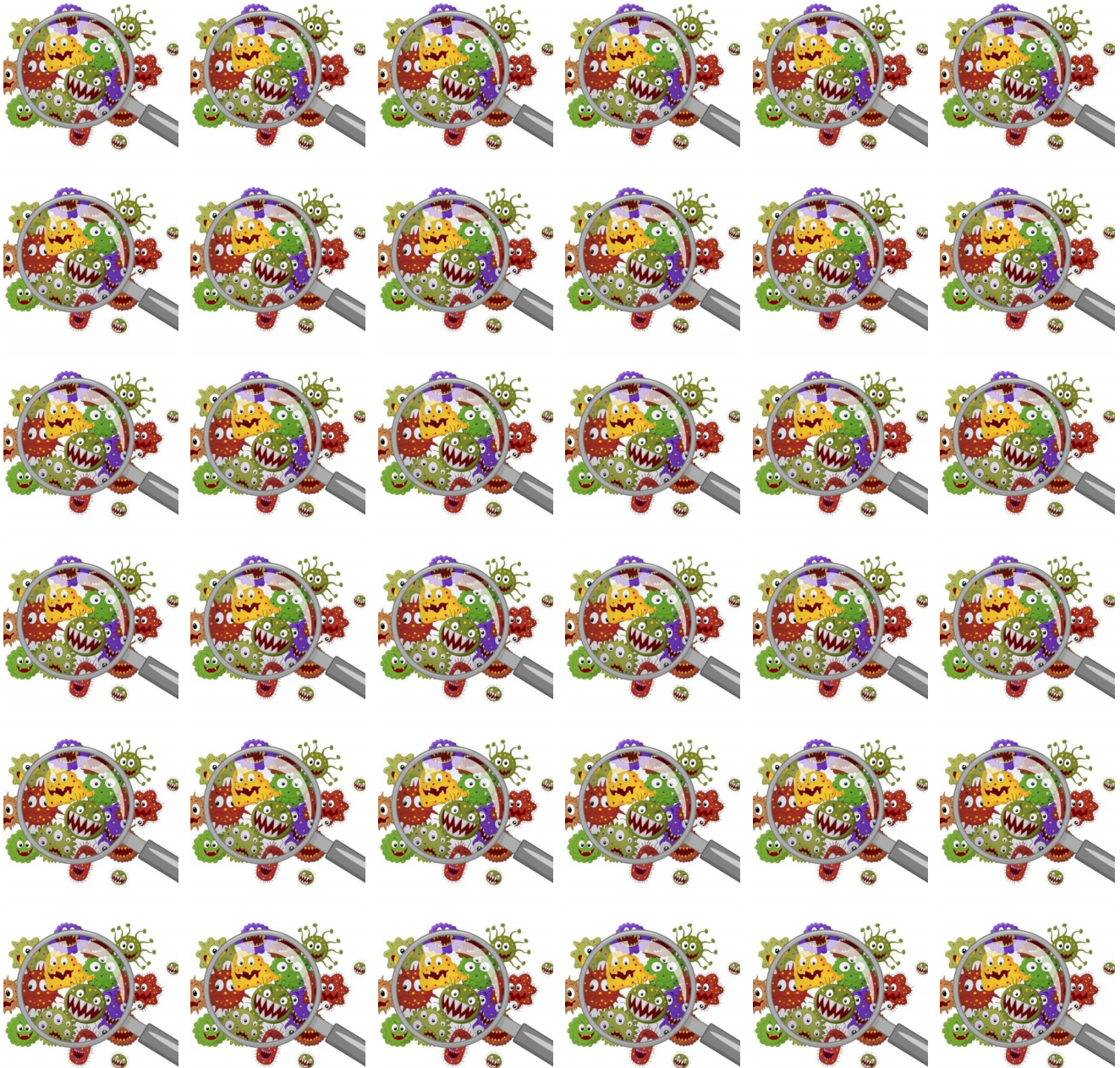


Go to the next page for a fun activity!

Note to Caregiver: Help the person identify these objects and discuss how germs live on them. Encourage them to name other items, too.

WHERE GERMS HIDE ACTIVITY

1. Cut out all of the coronavirus germs below.
2. Tape them every place that you touch in your home.
3. See how many places that the coronavirus germs can be hiding!



Since germs can hide on surfaces in your home, these areas should be cleaned often. Washing your hands is the best way to prevent the spread of these germs.

Wash your hands often!

DAY 4 – COVER YOUR COUGH OR SNEEZE



The coronavirus can spread by coughing or sneezing.

If you have to cough or sneeze:

- ◆ Cover your nose and mouth with a tissue.



- ◆ If you don't have a tissue, use your elbow.



- ◆ If you used a tissue, throw the tissue in the garbage .
- ◆ Wash your hands with soap and water, or use hand sanitizer.

Go to the next page for a fun activity!

FUN ACTIVITIES!

Click on the link below to watch a video about how far and how fast a single sneeze travels!

<https://www.youtube.com/watch?v=DKJ-jVs06Ms>

Practice covering your mouth and nose.

Pretend you are going to cough or sneeze. Use a tissue to cover your mouth or nose, or cough or sneeze into your elbow to keep others safe from your germs.



You did it!

You covered your cough or sneeze!

DAY 5 – TAKING YOUR TEMPERATURE

Note to Caregiver: Read this page to the person and help them take their temperature.

One of the symptoms of the coronavirus is a high body temperature, or fever.

You might have your temperature checked when you are at a doctor's office or when you are sick. You might have your temperature checked when you return to work or other community activities. You might even check your temperature at home.

Forehead Thermometer

- Ask for help to find the thermometer in your home.
- Turn the thermometer on and place a protective cap on the thermometer.
- Place the thermometer in the center of your forehead.
- Press the button in and hold the button in while you gently slide the thermometer across your forehead then let go of the button. After it has gone across your forehead look at the numbers on the thermometer and show them to your caregiver or family member.
- Throw the disposable cover in the trash



Ear Thermometer

You should not take your own temperature in your ear. Ask caregiver to help you. A temperature of 99.5° F is considered normal temperature when using the ear thermometer.



Click on the link below to watch a video about taking your temperature.

<https://www.youtube.com/watch?v=4kZMJkA4Phg>

Go to the next page for a fun activity!

TAKE YOUR OWN TEMPERATURE ACTIVITY

- Find the thermometer in your house.
- Have your caregiver help you to take your temperature.
- A normal body temperature is 98.6° Fahrenheit, but your temperature might be a little higher or lower.
- Don't worry if your temperature is not exactly 98.6 degrees.
- Practice! Practice! Practice!

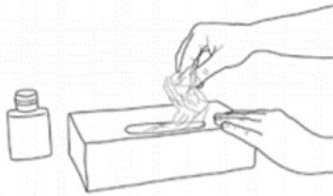


**You did it,
you took your own temperature!**

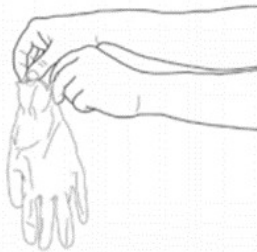
DAY 6 – WEARING DISPOSABLE GLOVES

To protect yourself from germs, you may want to wear disposable gloves.

Proper Way to Put On Gloves



1. Take out a glove from its original box



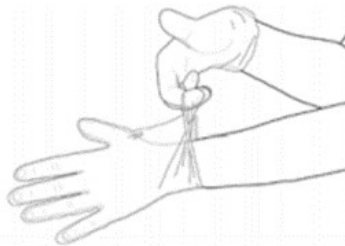
2. Touch only a restricted surface of the glove corresponding to the wrist (at the top edge of the cuff)



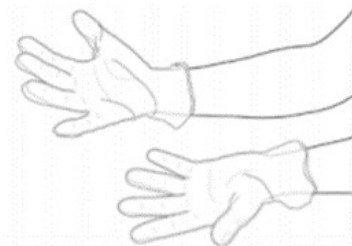
3. Don the first glove



4. Take the second glove with the bare hand and touch only a restricted surface of glove corresponding to the wrist

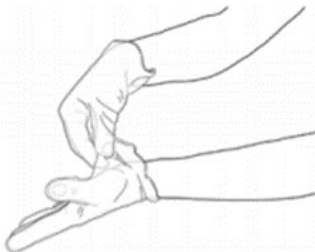


5. To avoid touching the skin of the forearm with the gloved hand, turn the external surface of the glove to be donned on the folded fingers of the gloved hand, thus permitting to glove the second hand

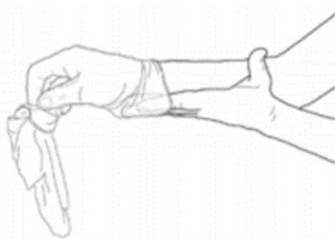


6. Once gloved, hands should not touch anything else that is not defined by indications and conditions for glove use

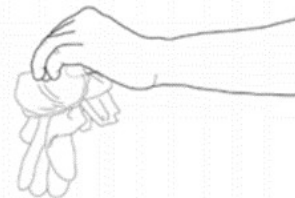
Proper Way to Take Off Gloves



1. Pinch one glove at the wrist level to remove it, without touching the skin of the forearm, and peel away from the hand, thus allowing the glove to turn inside out



2. Hold the removed glove in the gloved hand and slide the fingers of the ungloved hand inside between the glove and the wrist. Remove the second glove by rolling it down the hand and fold into the first glove



3. Discard the removed gloves

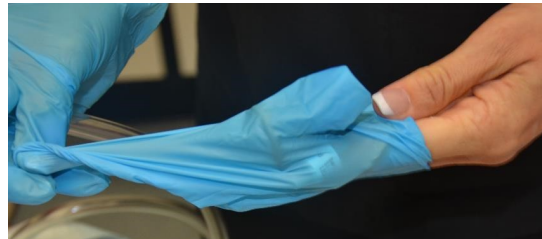
4. Then, perform hand hygiene by rubbing with an alcohol-based handrub or by washing with soap and water

Go to the next page for a fun activity!

PRACTICE WITH DISPOSABLE GLOVES ACTIVITY

Practice putting on and taking off disposable gloves properly. Be sure to follow all of the steps. If you do not have disposable gloves, ask your caregiver for a pair.

To watch a video on the proper ways to put on and take off disposable gloves, click on this link: <https://www.youtube.com/watch?v=3lkKVNrEMo>.



You can do it!

DAY 7 – PUT ON & TAKE OFF A FACE MASK

To protect others from the coronavirus, you should be wearing a face mask when you leave your home. This page shows the correct way to put on and take off a face mask.



World Health
Organization

How to **put on, use,** **take off and dispose** of a mask

1



Before putting on a mask, wash hands with alcohol-based hand rub or soap and water

2



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask

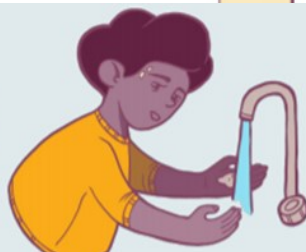
Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

3



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

4



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

Go to the next page for a fun activity!

PRACTICE WEARING A FACE MASK ACTIVITY



Practice putting on and taking off a face mask. Be sure to follow all of the steps, including washing your hands.

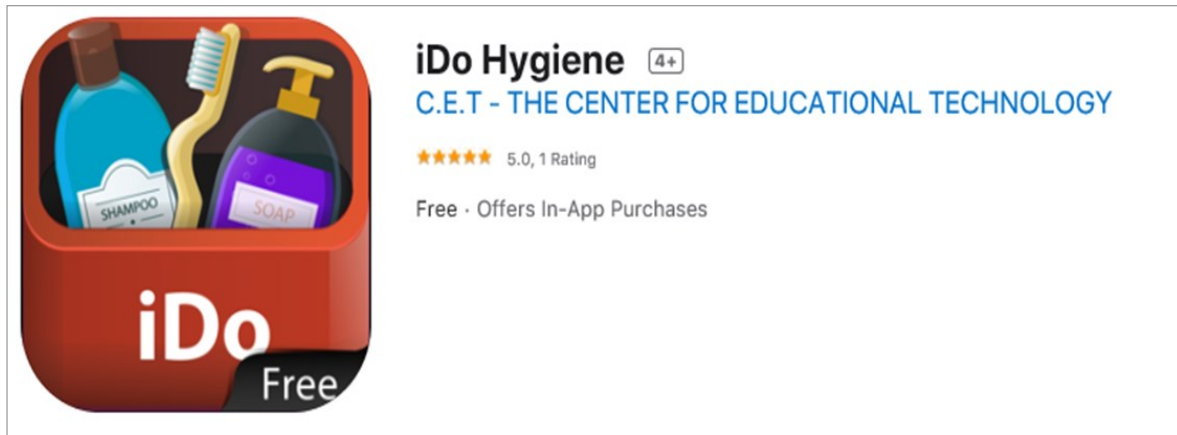
If you don't have a face mask, you might try making one. To watch a video that shows how to make a “**No-Sew Face Mask**”, click on this link: <https://www.youtube.com/watch?v=r51YroAFPds>.

Ask a caregiver to help you make a no-sew face mask; it will be fun!

You can do it!

RESOURCES FOR YOU AND YOUR CAREGIVERS

- ◆ **iDo Hygiene App** —



- ◆ **What you should know about COVID-19 to protect yourself and others** (printable fact sheet from the CDC) —

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

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For additional information regarding this activity book or
any of our physical or behavioral health trainings,

contact

Kepro SW PA Health Care Quality Unit
(Kepro HCQU)

hcqu.kepro.com

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