

**TAKE CARE OF ONE ANOTHER
BASIC PROTECTIVE MEASURES**

**CUÍDENSE LOS UNOS A LOS OTROS
MEDIDAS BÁSICAS DE PROTECCIÓN**

Taken from:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

STUDENTS OUTCOMES

You will be able to:

Read about basic protective measures for you and your family members.

Understand basic vocabulary related to the topic.

Apply the tips to take care of yourself and protect others (family, friends, community)

PRE-READING ACTIVITY



MATCH THE WORDS WITH THE IMAGES:

difficult breathing - cough - sneeze

cover mouth and nose – symptoms- getting sick



READING



- 1. Read the slides 6 to 14 on how to protect yourself and others from getting sick.**
- 2. Images will help you understand the text.**
- 3. In front of the English text you will find the Spanish meaning of key vocabulary.**
- 4. Enjoy and learn from the text.**

Wash your hands

Wash your hands with soap and running water when **hands are visibly dirty**



If your **hands are not visibly dirty**, frequently clean them by using alcohol-based hand rub or soap and water



- **KEY VERBS:**
- **Wash:** lavar
- **Clean:** limpiar
- **Use:** usar
- **KEY ELEMENTS:**
- **Water:** agua
- **Running water:** agua corriente
- **Soap:** jabón
- **Alcohol-based hand rub:** antibacterial para manos
- **ADJECTIVES:**
- **Dirty:** sucio, sucia, sucios, sucias
- **Running:** corriente
- **Alcohol-based:** a base de alcohol

Protect yourself and others from getting sick

Wash your hands



- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

- **AFTER: DESPUÉS - BEFORE: ANTES**
- **WHEN: CUANDO**
- **KEY INFINITIVE VERBS:**
- **Coughing: toser**
- **Sneezing: estornudar**
- **Caring: cuidar**
- **Eating: comer**
- **Handling: tocar o manipular**
- **KEY NOUNS:**
- **Food: comida**
- **Hands: manos**
- **Toilet: baño**
- **Animal waste: desechos animales**
- **The sick: los enfermos (personas)**

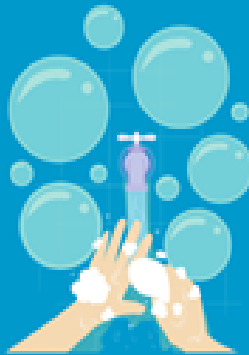
Protect others from getting sick

When coughing and sneezing
cover mouth and nose with
flexed elbow or tissue



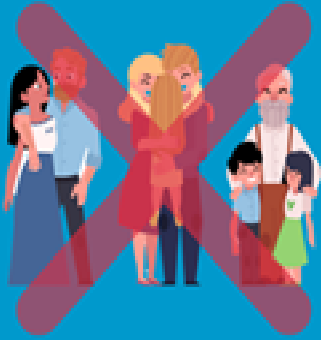
Throw tissue into closed bin
immediately after use

Clean hands with alcohol-based
hand rub or soap and water
after coughing or sneezing and
when caring for the sick



- **GETTING SICK:** Enfermarse
- **KEY VERBS (IMPERATIVE FORM)**
- **COVER:** Cubra
- **THROW INTO:** Meta en
- **KEY NOUNS:**
- **ELBOW:** codo
- **MOUTH:** boca
- **NOSE:** nariz
- **BIN:** caneca
- **KEY ADJECTIVES:**
- **FLEXED:** flexionado/doblado
- **CLOSED:** cerrada/cerrado
- **KEY ADVERB:** Immediately

Protect others from getting sick



Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider

KEY IMPERATIVE VERBS:

AVOID: EVITE

SEEK: BUSQUE

SHARE: COMPARTA

KEY INFINITIVE VERBS:

SPITTING: ESCUPIR

KEY NOUNS:

FEVER: FIEBRE

KEY EXPRESSIONS:

DIFICULTY BREATHING: DIFICULTAD PARA RESPIRAR

PREVIOUS TRAVEL HISTORY: historia de viajes previos

HEALTH CARE PROVIDER: EPS (Proveedor de Servicios Médicos)



World Health
Organization

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

All members of the household





Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty

• **UNKNOWN VOCABULARY:**

• **ILL PERSON: Persona enferma**



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.

- **UNKNOWN VOCABULARY:**
- **ITEMS:** Elementos, Artículos
- **EATING UTENSILS:** cubiertos
- **DISHES:** platos
- **DRINKS:** bebidas
- **TOWELS:** Toallas



When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.

- **UNKNOWN VOCABULARY:**

DISPOSABLE TISSUE: pañuelo
desechable

DISCARD: Desecharse / desechar



Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.

- **Monitor: supervisar/hacer seguimiento**
- **Appear: aparecer**
- **Call: Llamar**
- **Health care facility: Centro de salud / Hospital**
- **Everyone's health: La salud de todos**
- **Difficult breathing: dificultad respiratoria**

POST READING ACTIVITY



Are you finished with the reading?

NOW IT'S TIME FOR A GAME!
Instructions available in guía 3

What do the letters stand for? Write the answers in your notebook.

KEY TO BOARD GAME

1. How do you say “No escupa en la calle” in english?

ASIP

2. To wash your hands you use: SAR

3. If you have fever, cough and difficulty breathing: SMC

4.



WCAS

5.

CMAN with flexed elbow or a tissue.

KEY TO BOARD GAME

6. Monitor your family members for S like fever, cough and difficult breathing.

7. WYH to protect yourself and others from getting sick.

8.  BDAA you prepare food.

9.  ATU.

BOARD GAME

