



EDNOVATION[®]
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What Is Contact Tracing And Isolation?

Keep Your Child Safe From COVID-19 Series



What Is Contact Tracing And Isolation?



Children, do you still remember how **viruses** are **spread**?

Note: Encourage children to recall what it means.

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Viruses can **spread** in different ways. They are mostly **spread** through **droplets** when people cough or sneeze.

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[Click to view the video.](#)

So, if you are very close to someone with the **virus**,
you may easily catch the **virus**.

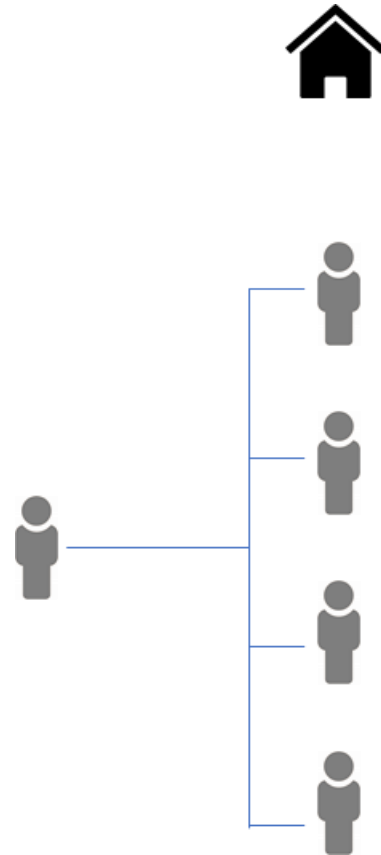
What Is Contact Tracing And Isolation?



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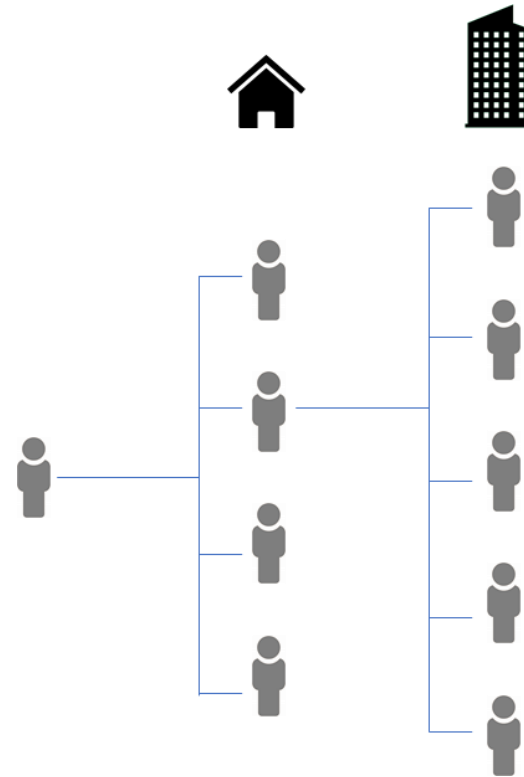
It is also possible for you to pass the **virus** to others.
If this happens, the **virus** can **spread** to many people.

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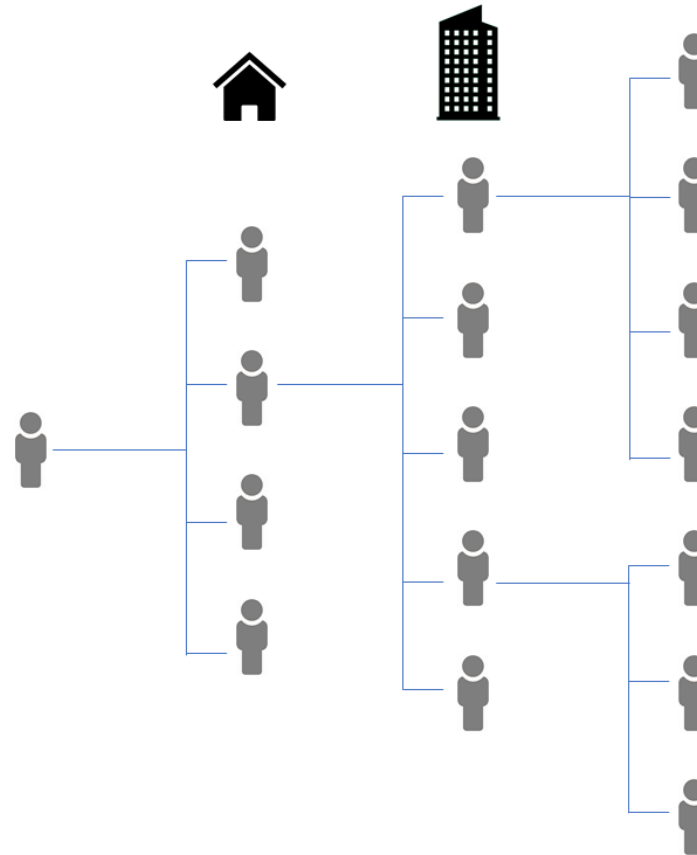
A person who is **infected** with the **virus** may **infect** others who come in contact with him or her.

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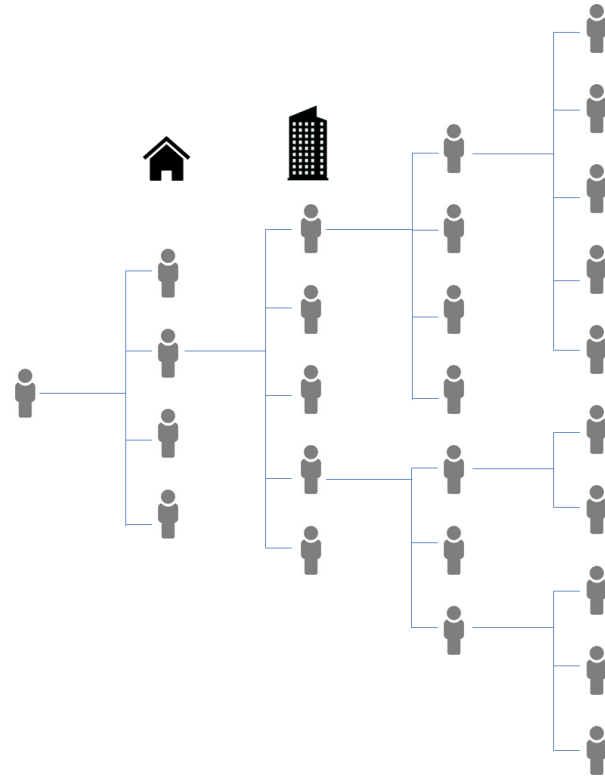
Some of these people may fall sick.
Some of them may meet other people, **infect** them
and make some of them sick too.

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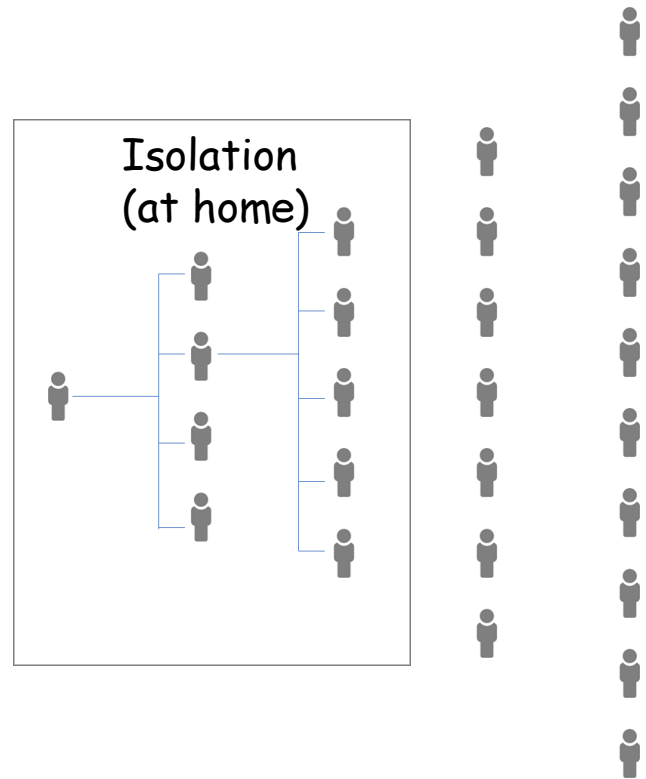
These people who are **infected** with the **virus** will go on to **infect** others. This is what we call **community spread**.

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Some of them may travel to other countries and **infect** others. When many people all over the world fall sick with the same **virus**, we call this a **pandemic**.

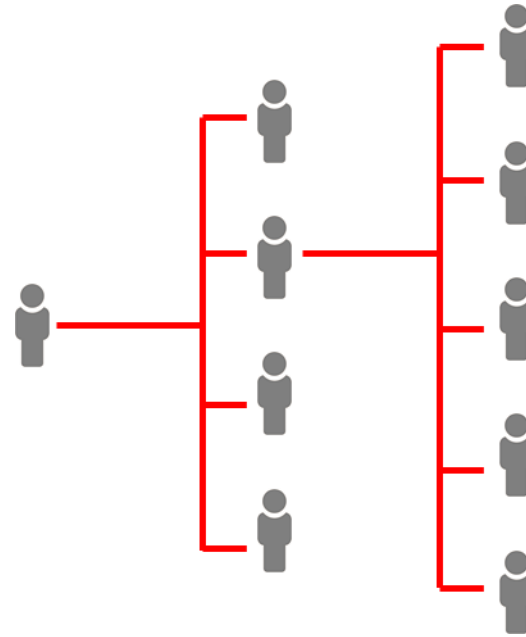
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If we can **isolate** these people with the **virus** at home, they cannot **infect** others. Then the **virus** cannot **spread**.

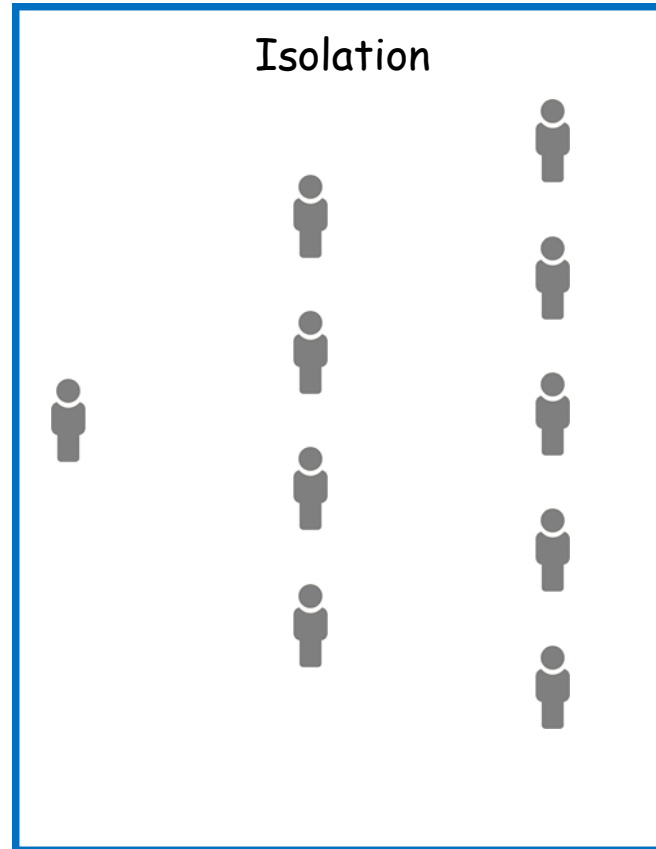
Note: Explain to children that isolate means to stay away from others.

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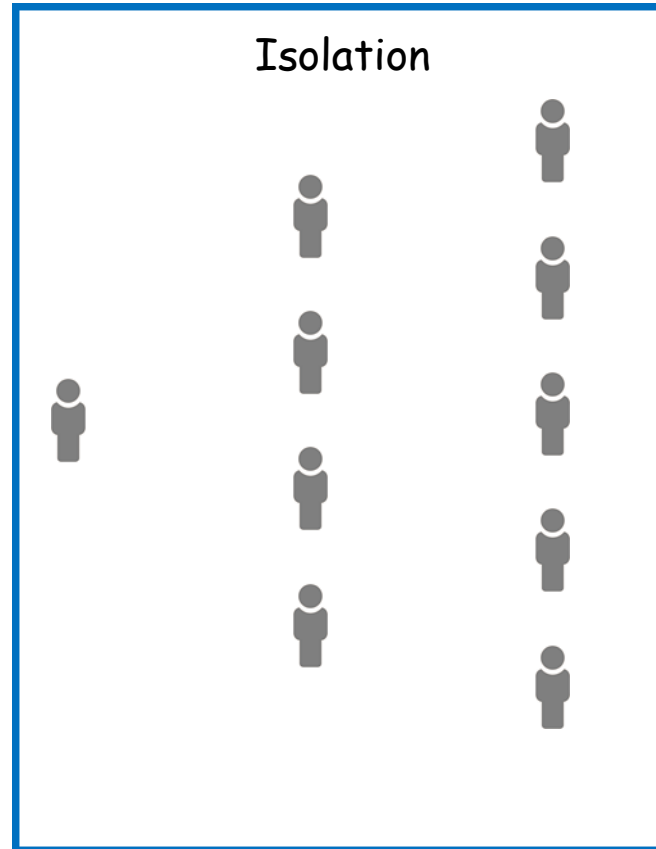
Contact tracing is to find out whom these people who may be **infected** have come in contact with.

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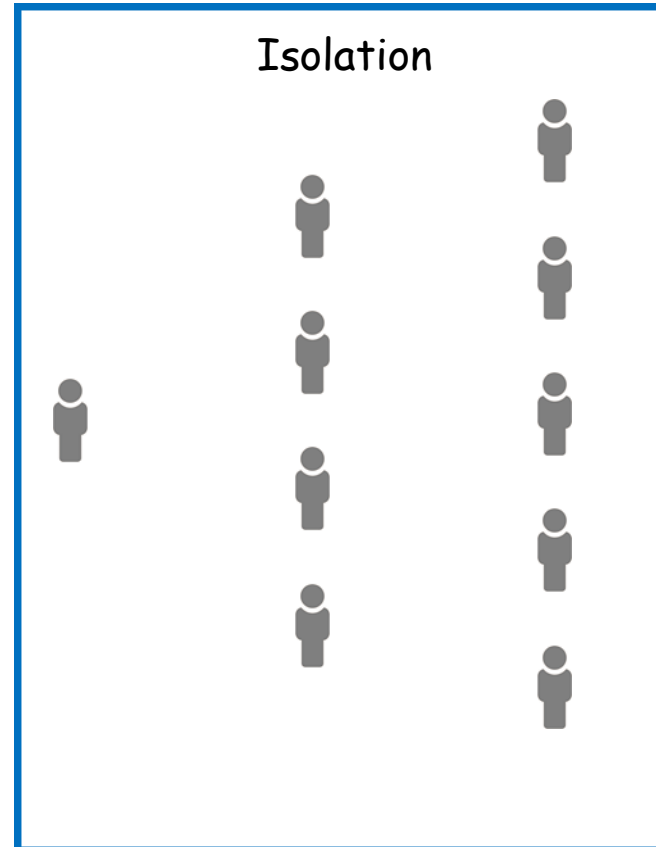
After **contact tracing**, we can then **isolate** these people who may be **infected** at home so they cannot **infect** others.

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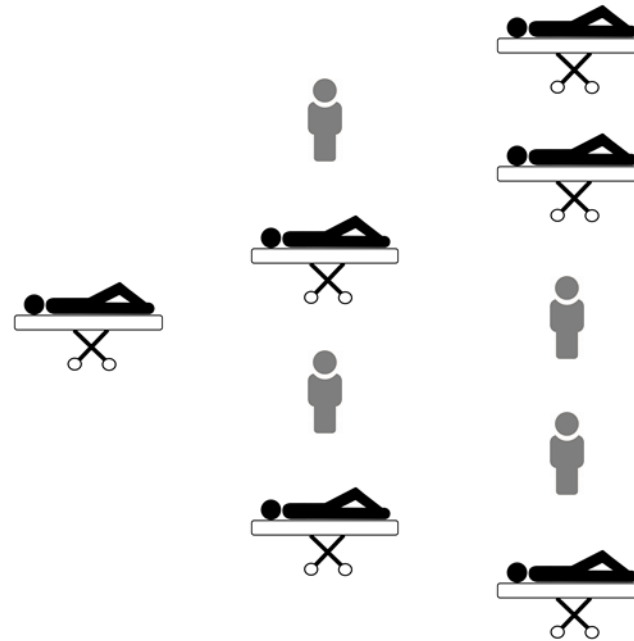
How long do you think these people need to be **isolated** for?

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Since the COVID-19 incubation period is up to 14 days, these people need to be **isolated** for 14 days.

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During this period, they either fall sick and go to the hospital or they do not get the **virus** and no longer need to be **isolated**.

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Group Activity

Let's find out:

How do viruses spread from one place to another? How do we trace the people who are carrying viruses?

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Let's do:

1. Choose a family member to pretend to be infected by the virus but has yet to fall sick (A).
2. Choose some family members to pretend to be the family members of A. Choose one of the family members (e.g. brother) to be a worker of Company XYZ (B).
3. Let the rest pretend to be the workers at Company XYZ. Choose two people to be the close colleagues of B (C and D).

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Let's do:

4. Invite A to apply some hand cream and glitter to his/her palms. The glitter represents the virus.
5. Ask A and the family members to role-play scene 1: A is at home with family members. A gives B a high five before B is going to work (ensure that B has the glitter on his/her palms).

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Let's do:

6. Ask B to add hand cream and glitter on his/her palms.
7. Ask B and the workers at Company XYZ to role play scene 2: B reaches the office and gives C and D each a high five.
8. Now, invite everyone to name the people who are carrying viruses in scene 1 and 2.
9. Write the findings in the contact tracing template.

Note: This experiment shows how contact tracing is used to trace how the virus has been passed on.