



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Center Patch

Step

1 What are you preparing for?



COVID-19 is a type of coronavirus, a large family of viruses that cause infections in animals or people. There are several common human coronaviruses that usually cause mild to moderate upper respiratory infection, like a common cold. Rarely, animal coronaviruses can evolve and infect people, and then spread between people. This was seen previously with SARS-CoV (severe acute respiratory syndrome coronavirus) and MERS-CoV (middle eastern respiratory syndrome coronavirus). The new coronavirus, COVID-19, likely jumped from animals to humans.

Source: *Boston Children's Hospital*

Step

2 How do we fight COVID-19?

Wash your hands A LOT! Soap helps take care of the virus, much like it takes care of the oil in water. The soap molecule buries into the virus' fat and protein shell to pull the virus apart, making it soluble in water and disintegrating it. Then the harmless virus shards are flushed down the drain, but the trick is the amount of time you need to wash your hands.

How long do you need to wash your hands? To curb the spread of coronavirus, it is paramount to wash your hands with soap and water for at least 20 seconds.

How long is 20 seconds? Use a timer to see just how long 20 seconds lasts. Hint: it is a lot longer than you think.

Now find a stanza from your favorite song that lasts 20 seconds, and make it your go-to hand washing song.

Why is 20 seconds so crucial? Taking a full 20 seconds to wash your hands is crucial because: your skin is wrinkly, so it takes time to penetrate the folds of your skin. Soap needs time to interact back and forth with the virus particle to break it down effectively, which is why you should scrub like you are a surgeon.

What if you don't have access to soap and water? An alcohol-based hand sanitizer can destroy the virus, too, but it doesn't wash the shards away. So remember to wash your hands when you get to a place that you can.

A note to parents and guardians: Please read the GSUSA blog post on How to Talk to Your Kids about Coronavirus, which you can find [here](#).



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2

How do we fight COVID-19 (Continued)?

Do not touch your face. **Try this challenge: set a time for 1 minutes and see how many times you touch your face. Do this with your family.** Who was the best at keeping their hands away?

Clean high touch points. Look around your house and see how many high-touch areas there are. Hint: doorknobs,

kitchen handles, light switches. Make it a habit to clean these areas daily.

Find a new way to greet people. Handshakes, fist bumps, and elbow smashes require you to get too close to folks for proper social distancing etiquette. **Brainstorm a new greeting from a distance, and try it out.**

Step

3

How is it affecting you?

Talk to your parent or guardian about how this virus is affecting you and your family. How will you handle school closures? What will you do to stay busy?

Watching television or playing video games will not be fun for very long. Remember, just because school is closed doesn't mean you should be going out in public. Unfortunately, this is not a school holiday or vacation. If you do go out, practice good social distancing skills, and keep 3-6 feet away from people and wash your hands!

- Create an I'm Bored jar. Write down jobs that need to be done around your house as well as some fun things to do, and put them in a mason jar. Every time you say "I'm bored," draw a slip of paper and do what it says.
- Read a book. Read something about

which you are curious or passionate, or find a book about a famous woman.

- Go on a [virtual tour of a city you'd like to visit or a museum you'd like to see](#). Google Art & Culture has street view and tours.
- Keep learning by finding an online resource. Try [Scholastic](#), [BrainPop](#) or one of [these](#) online options.
- Work on a [Girl Scout badge](#).
- Look for more Girl Scouts of Western Washington virtual programming options this week on our website.

CONGRATULATIONS!

This patch is available at the Girl Scouts of Western Washington stores.