



The Great Cascadia Zombie Survival Challenge

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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](#).



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Center Patch

Step

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.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Shelter Challenge

Step

1 Shelter in Place

There are a lot of new words and phrases you might be hearing on the news or around your dinner table. One of them is “Shelter in Place,” or self-quarantine. But what does that mean? And why do we need to do it?

Shelter in place means finding a safe location indoors and staying there until you are given an “all clear”. With the COVID-19 outbreak our country and the world is facing, some people are choosing to shelter in place, while others have been told to do so by their state or local governments.

There is scientific evidence that sheltering in place, self-quarantine, and physical distancing can help limit the spread of COVID-19. While doctors are not sure why younger people do not seem to be affected as severely as older people, it's important for us to do our part in not only protecting our families, but also protecting those around us who are more vulnerable to the virus.

Hearing the words Shelter in Place might seem a little scary, but let's look at some ways to make it fun.

Step

2 Build Your Own Shelter

Alone or with your siblings, create your very own shelter inside your home.

Using your best Girl Scout Innovator skills, design your perfect shelter. What type of structure do you want? Will it be big enough for one? Or more? Will it be your private space? Or will you share? Will it be a place for the daytime? Or will you want to “campout” in your shelter? Put some thought into the purpose for your shelter.

Your next decision is where to build your shelter. In your bedroom? Family room?

Garage? Backyard?

Now you need to decide on your building materials. Will blankets and chairs work? Set up a tent indoors? Or outside? Or do you need something else?

Once you have built your shelter, just like your family is doing, you will need to provision your shelter. How will you make it cozy and inviting? What supplies will you need? A pillow? A book? Snacks? Sleeping bag?

Order your Zombie rocker sets online at the [Girl Scouts of Western Washington store](https://www.girlscoutsofwesternwashington.org/store).



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Shelter Challenge

Step

3 Make a Schedule

Psychologically and emotionally, it is important to have a schedule. While school is out, this is not a vacation. When our routines are thrown off, like having a substitute teacher or missing a snack, we can get grumpy.

Start a conversation with your family about building a schedule.

Decide when you will get up. When will meals be? Do you have school work or learning to do? Choose a time for that. Make sure to set time aside for creativity,

fun, and play as well. Remember, play time is your time! Set up a virtual play date online with your friends. Don't forget to get outside, too! Set a limit for screen time. Also set aside some family time, play card or board games, read a book out loud. If family is not with you, schedule a phone call or Face Time chat every day or so. And don't forget to schedule sleep.

Build your family and/or personal schedule. Try it out for a day. Did it work? Does it need some tweaking? Make changes as you need.

Step

4 Be a Boredom Buster

As a G.I.R.L.—Go Getter, Innovator, Risk-Taker, and Leader, you have the power within you to be a Boredom Buster! What will you do when someone in your house says, “I’m Bored”? Yes, being stuck at home is a challenge and it can be hard to find a new routine, but you have skills and talents that can help your family. **Become your family’s very own Program Aide! Create a list of games and songs that you can lead and/or teach. Set up a special place in your home for play only. Organize your card and board games. Create your own games.** Here are some ideas:

- Build a toy washing station with large

plastic tubs to help keep toys clean and sanitized.

- Flatten a box and draw a road with markers for toy trucks and cars to drive on.
- Go through your recycling. Make sure everything is clean. Make an art project.
- **Take a virtual tour** of the International Space Station, Stonehenge, street art in Paris, and so much more.
- Host a campfire. If you don't have a fireplace, make your own fake fire pit with colored paper.
- Go outside and play a game. You will probably need to change the rules to adhere to physical distancing guidelines.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Food Challenge

Step

1 Food for Thought

Food is life! It fills our bellies, provides comfort, and gives us energy to get through our day. Our food is made up of macronutrients. **Proteins** are essential for building muscle, and are commonly found in meat, fish, dairy, cheese, nuts, and beans. **Fats**, like avocados, olive oil, and nuts, help the body use some vitamins, keep your skin healthy, and are the main way your body stores energy. **Carbohydrates** are found in sugars, starches, and fibers found in fruits, grains, vegetables, and milk products, and

provide fuel for the central nervous system and energy for your muscles.

Pick an item from your pantry and have someone else living in your house pick an item as well. Compare the labels. What do you notice about the food value of both? Discuss what you discovered.

Snacks can be an important part of your day, but choose wisely.

Step

2 What's in Your Pantry?

Now that you understand the building blocks of food, let's talk about what's in your pantry.

With your family, do an inventory of your pantry. Sort your food by category: vegetables, fruits, beans and legumes, soup, protein, etc. Then sort by best used by date, so you use the oldest first. Check that packaging is still sealed and best used by dates have not expired.

Make a list of what you have and a second list of things you might want at the store, the next time you are able to

go.

Did you discover any interesting finds?

Did you find a lot of one thing? Why do you think that is?

Talk to your family about their shopping habits before the COVID-19 outbreak. How will you shop differently now?

If you do go shopping, check on your older neighbors or grandparents to see if they need anything.

Order your Zombie rocker sets online at the [Girl Scouts of Western Washington store](#).



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Food Challenge

Step

3 Build a Menu

You now know what you have to work with to plan a week's menus for your family.

Take a household poll of favorite foods as well as go-to comfort foods. Make a list of these foods.

Use a piece of paper to draw a menu with 7 days in the week as your columns, and 5 rows for your meals: breakfast, lunch, snacks, dinner, and treats. Using your

pantry inventory, your list of favorite and comfort foods, and the direction from [ChooseMyPlate.gov](https://www.choosemyplate.gov) as a guide, build your menu.

As you go through the week, mark the menu items you and your family liked with a star so you can make those dishes again.

Step

4 Make a Family Cookbook

Using your menus and starred items, **start your very own family cookbook.** You will need paper and a pen or pencil. **Give each food item a name**, something like Maggie's Marvelous Mac & Cheese. **Next you'll need**

to write down the amount and type of ingredients needed to make your dish, along with cooking instructions. Don't forget the number of servings. Here is an example of a recipe card:

Maggie's Marvelous Mac & Cheese (6-8 servings)

- 2 cups of cooked Elbow Macaroni
- 4 tablespoons butter
- 1 onion, minced
- 2 cloves of garlic or equivalent, minced
- 4 tablespoons of flour or GF flour
- 2 cups of milk
- 2 cups of shredded cheese + a little extra for the top
- 2 tablespoons of bread crumbs

Preheat oven to 350 degrees.

Melt butter over moderate heat in a saucepan. Add onion and cook until soft or caramelized. Add garlic and stir for 30 seconds. Add the flour and cook slightly, until the mixture foams. Add all the milk and stir with a wire whisk until the sauce thickens into a smooth cream. Simmer for 2 minutes.

In a bowl, pour sauce over cooked macaroni. Add the cheese. Stir until combined. Put in a greased casserole dish. Spread the bread crumbs over the top, add more cheese if you like. Cover and place in the preheated oven. Bake for up to 1 hour.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Water Challenge

Step

1 Why Drink Water?

Drinking water does more than just quench your thirst — it's essential to keeping your body functioning properly and feeling healthy. Nearly all of your body's major systems depend on water to function and survive. You'd be surprised about what staying hydrated can do for your body.

Here are just a few important ways water works in your body: 1) Regulates body temperature 2) Moistens tissues in the eyes, nose and mouth 3) Protects body organs

and tissues 4) Carries nutrients and oxygen to cells 5) Lubricates joints 6) Lessens burden on kidneys and liver by flushing out waste products, and 7) Helps dissolve minerals and nutrients to make them accessible to your body.

While there is no scientific evidence that keeping your mouth moist will prevent the COVID-19 infection, staying hydrated can help keep your immune system healthy.

Step

2 Hydration, How Much?

Every day you lose water through your breath, perspiration, urine and bowel movements, which is why it's important to continue to take in water throughout the day. For your body to function at its best, you must replenish its water supply with beverages and foods that contain water.

The recommended daily amount of fluids is:

- 5-8 oz glasses for 5 to 8-year-olds
- 7-8 oz glasses for 9 to 12-year-olds
- 8-10 oz glasses for 13+ years

You should drink more water when you're exercising or on a hot day. We often don't feel thirsty even when our bodies need fluid, so it's a good idea to drink water regularly throughout the day.

Staying hydrated helps keep your body functioning at its peak.

Draw a water tracker and track your water intake for a day. How did you do? Now try for a week.

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The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Water Challenge

Step

3 Don't Like Water? Try This

Not everyone likes to drink water. Here are some ideas to get water in your body.

- Choose a special water bottle or put 5-8 hair ties or rubber bands around the water bottle and, as you drink it, move the bands to the bottom.
- Add some SPARKLE! **Try a seltzer or bubbly water.**
- Flavor it up! **Add a chunk of fresh or frozen fruit (grapes, orange, or pineapple), a slice**

of cucumber, or a sprig of mint.

- Give it a SPLASH! **Add a splash of your favorite 100% fruit juice or make a flavored ice cube.**
- Eat your veggies (and fruits)! Most are high in water content, some up to 95% water.
- Think about soup. **Try a cup of broth. With your family, make a soup together.**

Keep track of your favorites. Did they help you get your water intake up for the day?

Step

4 What is a Boil Water Advisory

If your local health authorities issue a **boil water** advisory, you should use bottled water or boil tap water because your community's water is, or could be, contaminated with germs that can make you sick. Advisories may include information about preparing food, beverages, or ice; dishwashing; and hygiene, such as brushing teeth and bathing. Standard recommendations usually include this advice:

- Use bottled or **boiled water** for drinking, and to prepare and cook food.
- If bottled water is not available, bring **water to a full rolling boil for 1 minute**, then allow it to cool before use.
- Boil tap water even if it is filtered.
- Do not use water from any appliance connected to your water line, such as ice and water from a refrigerator.
- In most instances, you can use tap water to wash your hands—use soap to wash for at

least 20 seconds and rinse well.

- Brush your teeth with bottled or boiled water.
- Most dishwashers use hot enough water to sanitize. If you are hand washing dishes or want to be safe due to immunocompromised folks in your house, disposable is always best.
- It is generally safe to wash clothes.
- Don't forget your pets need bottled or boiled water, too.

How much water do you have stored for emergencies? The rule of thumb is 1 gallon per person/pet per day for 14 days. Using glass bottles or juice/soda (not milk) plastic bottles that are clean, make your own emergency water stash. Fill them with tap water, seal them tightly, and store them for later. This water stash can last up to six months.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Cooking

COVID-19 and Cooking

Among the heroes of the COVID-19 pandemic are grocery store employees who work tirelessly to keep the shelves stocked. While we are all sheltering-in-place, thankfully we are still allowed to go to the grocery store and the food bank when needed.

How can we get creative with our cooking while we are sheltering-in-place? Think about your last campout with your troop or family. What did you make? Did you know? Most recipes we use at camp can be made at home!

Create a list of ways you can cook at home and then add some recipes. Think about some of the following categories and add your own.

- No cook cooking.
- One pot meals.
- Foil packets.
- BBQ or grilling.
- Roasting.
- Baking.
- Steaming.

Ingredient Substitutions

While our grocery stores are open and stocked, in honoring the Stay Home, Stay Healthy orders, we should not be running to the store like we did before COVID-19. What to do when you decide to make a recipe only to find that you don't have a key ingredient?

All may not be lost. There are lots of resources on the internet to help with ingredient substitutions.

With your parent or guardian's permission, look for substitutions for the following:

- Baking Powder.
- Baking Soda.
- Butter.
- Buttermilk.
- Eggs.
- Sour Cream.
- Vegetable Oil.

Try this two ingredient cake recipe. You don't need eggs, oil, or even water. All you need is a cake mix and a 12 oz can of soda pop or bubbly water. Mix and bake per the box instructions!



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Cooking

One Pot Meals

Crockpots. Instant Pots. Stockpots. What do these all have in common? They all allow us to make a one pot meal.

One pot meals are easy and delicious. You can start a crockpot recipe in the morning and walk away knowing that it will be done in time for dinner. Instant Pots are great for fast meals. Throw all your ingredients in, set the timer, and usually in a few minutes your dinner is ready. Stockpots take a little more monitoring by the chef, but also use low temperatures over time to allow flavors to meld.

- **Make a list of what kinds of meals you make in one of these pots.**
- **Share your list with your family and decide which pot you will use and what meal you will make.**
- **Check your pantry and refrigerator for ingredients.**
- **Make a list for your next shopping trip or find substitutes.**
- **Make your dinner and enjoy!**

Chopped Challenge

Chopped is a favorite Food Network television show. Contestants are given a few (often strange) ingredients and need to make an appetizer, main course, and dessert. These strange ingredients should be the “star” of each part of the meal.

With your household, go through your refrigerator and pantry. Have each person secretly choose one ingredient (or, if your household is small, choose two). Gather at the table together and reveal your choices.

On *Chopped*, contestants have access to

the show’s refrigerator and pantry to add to their *Chopped* ingredients. Decide which person will be responsible for each part of the meal. You can break into teams, or do the challenge all together!

Determine if you want to have a time limit. It is okay to not have a time limit.

Enjoy your time together! Have fun! Be creative!

With your parent or guardian’s permission, post your final meal on the Girl Scouts of Western Washington Facebook page or Instagram.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Communications

Step 1 Be a Communications Fact Finder

"It is interesting to contemplate the difference between 'information' and 'communication.' Information is something we give out... Communication is the science/art/luck of getting the information through." - Dr. LuAn Johnson, creator of Map Your Neighborhood

How is information about COVID-19 getting through? Where are you and your household turning for information?

With an adult member of your household, look at a news article on the web or a social media post. Use the following fact finder skills to determine if its real or fake.

Consider the Source: Investigate the site, its mission, and its contact info.

Check the Author: Do a quick search on the author. Do they have credentials that give them expertise? Are they real?

Check the Date: Reposting old news stories doesn't make them relevant to current events.

Check Your Biases: Are your own beliefs affecting your judgement?

Read Beyond the Headlines: Headlines can be outrageous. Read on to get the whole story.

Supporting Sources: Click on the links usually attached to online news stories. Do they support the story with facts and data?

Is it a Joke? Is it outlandish? Look into the site and the author.

Ask the Experts. Consult a fact checking site.

Step 2 Communicating with Friends and Family

Physical distancing is helping us to flatten the curve, but it's also keeping us from playing with our friends and talking with our families who don't live in our households.

Keeping in touch with friends and family doesn't have to be hard. Consider these apps: **Zoom**, **Google Duo**, **FaceTime**, **Skype**, and many more.

Discuss with your household who you should be communicating with and how often. Grandparents? Cousins? Aunts and Uncles? Friends? Then decide how you will communicate.

Get creative! Think about things you would do with these people from who you are currently separated. Can you think of ways to take those activities online?

- Read a book or bedtime stories.
- Have a game night with cards or board games or **virtual boardgames**.
- Host a tea party.
- Conduct a sing-a-long.
- Be a GeekGirlScout and host role playing games, like Dungeons & Dragons try **Roll20.net** for online games.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Communications

Step 3 Communicating in Close Quarters

Our current shelter-in-place order is likely the longest you and the members of your household have been together. Everyone reacts differently to stressful situations. It is really important to communicate now more than ever.

Make a talking stick. Then have a discussion with the members in your household over dinner. Only the person with the talking stick can speak. Talk through anything that is worrying you or them. Discuss your fears—where do they come from? Ask each member of your

household how much space they need. Some people need lots of space and time away from others, some need only a little. How can you make the space necessary to meet each members needs?

Consider watching CBS reporter Steve Hartman's **Kindness 101 lessons** together. Each day he is posting a new character trait. So far he has 30 minute lessons on **Character**, **Empathy**, **Friendship**, and **Altruism**. Live lessons are available each day at 11 AM Pacific on the CBS News Facebook page.

Step 4 Be Neighborly

Neighbors and neighborhood resilience are critical in times of trouble. We need to rely on each other, but how do we communicate during a shelter-in-place situation?

Write down some ideas on how you can communicate with your neighbors and still maintain physical distancing. Share your list with the adults in your household. Choose one and act on it.

Necessity is the mother of invention. We are seeing tremendous innovation during this COVID-19 pandemic.

Here are some ideas you could try to

communicate with your neighbors:

- Start a phone tree and check in once or twice a week.
- Write inspiring messages with chalk on your sidewalk/driveway.
- Create signs that say "OK" on one side and "HELP" on the other. Write a quick note telling your neighbors to put in their window or on their door. Check on your neighbors during a walk each day.
- Tape a thank you note to a neighbor's door or to your door for the mail carrier or delivery driver.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: First Aid

Step

1

Germs

Our bodies are pretty amazing. Day after day, they work hard—digesting food, pumping blood and oxygen, sending signals from our brains and much more. But there is a group of tiny invaders that can make our bodies sick—they are called germs.

The four major kinds of germs are: bacteria, fungi (FUN-GUY), protozoa, and viruses.

Bacteria are tiny, one-celled creatures that get nutrients from their environments in order to live. In some cases that environment is a human body. Bacteria can reproduce outside of the body or within the body as they cause infections. *Note: not all bacteria are bad, some are necessary for our bodies to function properly.*

Fungi are multi-celled (made of many cells), plant-like organisms. Unlike other plants, fungi cannot

make their own food from soil, water, and air. Instead, fungi get their nutrition from plants, people, and animals. They love to live in damp, warm places, and many fungi are not dangerous in for most people.

Protozoa are one-cell organisms that love moisture and often spread diseases through water. Some protozoa cause intestinal infections that lead to diarrhea, nausea, and belly pain.

Viruses need to be inside living cells to grow and reproduce. Most viruses can't survive very long if they're not inside a living thing like a plant, animal, or person. Whatever a virus lives in is called its host.

Which do you think is causing the COVID-19 pandemic?

Step

2

Psychological First Aid

Some injuries and illnesses are easy to see, others not so much. Disasters (like the COVID-19 pandemic) often cause both symptoms that you can see and some you cannot. Even if you are not feeling the physical symptoms of COVID-19, you might be feeling the mental impact of the pandemic.

Think about how you are feeling right now. Jot down five words that describe your feelings about the pandemic, its impact on you and your household.

There are things you can do to help yourself and the other members of your household.

Consider the 5 Components of Psychological First Aid

- Create a Sense of Safety.
- Create Calm.
- Create Self and Collective Help Mechanisms.
- Create Connection.
- Create Hope.

Have a conversation with your household around the dinner table. Talk with your friends about how they are feeling using the physical distancing method that works best for you. Be a Psychological First Aider!



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: First Aid

Step

3 Basic First Aid

Our Girl Scout motto is “Be Prepared.” Throughout history, Girl Scouts have played a role in first aid from rolling bandages during World War I to volunteering at shelters during natural disasters.

Juliette Gordon Low felt so strongly about the importance of these skills that she made first aid one of the original seven badges. Ever since, it has remained in every version of the Girl Scout handbook.

It is important that you become familiar with basic first aid to help those in your household before the need arises. It may be a scraped knee, a bloody nose, or a cut on a finger.

By knowing basic first aid, you can manage small emergencies without needing to go to the emergency room. This is more important now that our medical teams need to focus on medical emergencies. If it is serious, call 911 or the Emergency Room before seeking medical attention.

Print out the attached First Aid Basics sheets and create your very own tiny book of Basic First Aid. You can staple the cards together or you could punch a hole in the corner to add a piece of string or yarn to create your book. Practice some of the skills on a willing family member or stuffed animal.

Step

4 Household First Aid Kit

First aid kits are great resources but if you do not check on them on a regular basis, things like over the counter medicines can expire. Make it a practice to check your inventory at least twice a year. Also, if you use supplies in your kit make sure to replace them so you will be ready for the next time.

The Mayo Clinic has a great list of what should be in your household first aid kit.

Compare this list to your household kit. Is anything missing? Do you need to add anything special for a household member

with allergies or other medical conditions? This list is quite extensive and you don’t need everything right away. Make a list for your next shopping trip or online supply order. With members of your household, prioritize this list.

Determine dates that you will check your household first aid kit inventory and mark them on your calendar.

<input checked="" type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

First Aid

Sprains and Fractures

If an injured arm or leg begins to swell, roll a magazine or newspaper around it to make a splint. Tie securely using pieces of cloth to keep the limb from moving. You'll also want to make a sling for an injured arm. Tell an adult.

If the limb appears misshapen or bone is showing, call 911, otherwise call an adult to evaluate.

Bee Stings

Use the side of this card to scrape across the area until the stinger comes out. Wash with soap and cold water and apply an ice pack. Tell an adult.

If the person knows that they are allergic or if they are having difficulty breathing, experiencing swelling of the face or tongue, hives, or itching, call 911.

Choking

If the person cannot speak, break, or cough, stand behind them and place the fist of one hand pointing inward just about the bellybutton and place the other hand over the fist to guide it. Thrust inward and upward. Repeat until the object is expelled. This is called the Heimlich Maneuver. Tell an adult.

Call 911 if this does not work or if the person become unresponsive.

Fainting

If a person feels light-headed and looks pale, help them lay down. If possible, elevate their feet and loosen their clothing. Apply a cool cloth to his/her forehead. If the person vomits, roll them on their side to prevent choking. Tell an adult.

Burns (Including Sunburns)

1st degree and 2nd degree burns will cause the skin to redden and possibly blister. Immediately cool the area by running under cool water, then patting dry. Apply a clean bandage without any ointment. Do not pop any blisters. Tell an adult.

Call 911 if the skin appears blackened. That is a sign it is a 3rd degree burn and needs immediate medical attention.

Head Injuries

If the injuring is bleeding, wash and dry the area and apply a clean bandage. For bumps and bangs, sit them down and apply an ice pack for 10 minutes. Tell an adult.

Call 911 if the person is vomiting, loses consciousness, or if the pupils appear uneven, if the person seems confused, or has a severe headache.

Cuts and Abrasions

Wear surgical gloves. If the cut is not deep or just a scrape, wash the area and apply a band-aid. If the cut is deeper, apply direct pressure using a clean cloth or large gauze pad until the bleeding stops, then clean and bandage the area. Tell an adult.

If there is a large amount of blood or you are not able to stop the bleeding, call 911.

Blisters

Never pop a blister. Keep the area clean and protected with a fresh bandage or mole skin. If the area is being rubbed and is raw (from a wearing a new shoe, for example) remove the item touching the blister and cover the blister with a clean bandage or mole skin. Tell an adult.

Keep an eye on the blister for infection. If signs of infection appear, tell an adult.

Nosebleeds

Have the person sit down and lean slightly forward. This keeps the blood from running down his/her throat. Using a tissue, pinch the nose with your thumb and forefinger for five minutes or until the bleeding stops. Tell an adult.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Light & Heat

Step 1 Thermostats and Temperatures

Your house might have a little box on the wall somewhere in your home that is used to control the heating and cooling system. It is a thermostat. A **thermostat** is a component which senses the temperature of a physical system like your furnace or air conditioner and performs actions so that the system's temperature is maintained near a desired setpoint.

When you need to heat your home, the setpoint should be between 68-72 degrees. To cool your home, the setpoint should be 75-78 degrees.

With an adult in your household, find your thermostat. What is your current setpoint? Talk to the members of your household about what temperatures are best for you and adjust your thermostat setpoints accordingly.

If you decide that energy conservation is an important value for your household, consider setting the heat setpoint at 68 degrees and the air conditioning setpoint to 78 degrees.

Another consideration is to turn your thermostat down even more during the overnight hours to 65 degrees. This will save energy and money.

Step 2 Utility Bill Challenge

Most of us do not usually spend 24 hours a day at home. Our thermostats usually take a break in the middle of the day while we are at work and school. During the COVID-19 pandemic, we are staying home and staying healthy. What does that mean for our utility bills? As you can probably imagine, our bills are likely to go up.

With your household members, compare the utility bills for January, February, March, and April 2020. What trends do you see? Talk about how these increases might impact your household budget. Determine together if you can make changes to your

water and power usage.

Practice good water saving measures like turning off the water while you brush your teeth or wash your hands (which we are all doing A LOT). Drop the thermostat a few degrees and bundle up, turn off lights in rooms you are not using, or take a shorter shower.

Conservation is not only great for our environment but also helps our budgets.

The Governor of Washington has required utilities to not turn off services for failure to pay bills during this pandemic crisis. The Governor also required utilities to provide rate payer assistance as needed. Contact your utility provider for more information.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Light & Heat

Step 3 It was a Dark and Stormy Night...

*"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."
— Harry Potter and the Prisoner of Azkaban*

Depending on where you live, power outages may be common. Are you prepared?

With your household, put together a storm/power outage kit. Consider a plastic tub you can slide under your sofa or a fabric bag you can hang in a closet.

Your kit should include:

- Flashlights and extra batteries, lanterns, candles and matches.

- Solar and/or Kinetic flashlights.
- Mobile/Tablet battery chargers.
- An old fashioned telephone which draws its power from the phone line not the power line, if you still have a landline.

Hand warmers are also a good thing to have in your box. Perhaps add a thermos (this needs to be filled before the power goes out) and packages of tea, coffee, cocoa, soup, or instant oatmeal. Consider adding some non-perishable snacks such as granola bars, trail mix, or nuts.

Step 4 Layer Up Or Layer Off

While the calendar may say it's spring, it can sometimes feel like it is still winter. It is always nice to come inside and feel the warmth of the heater after playing outside. Likewise, summer is coming and being cool is important to our comfort as well. Layering your clothing helps in both scenarios.

Besides turning your thermostat higher, what other ways can you stay warm inside?

- Wear a sweater or sweatshirt.
- Wear socks or slippers on your feet to keep them cozy.

- Have throw blankets around the house to pull over you when you feel a chill.
- Move your body.
- Put on a hat.
- Have a cup of cocoa or tea.

What ways could you stay cool in warm weather besides turning up the air conditioner?

- Wear light colors and fabrics.
- Open your windows at night and then close them during the day.
- Have a cool drink.
- Find some shade.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Mutual Aid

Mutual Aid—What is it?

In emergency services, mutual aid is an agreement among emergency responders to lend assistance across jurisdictional boundaries. In essence, it is an agreement between two parties to cooperate together for the good of both.

Do you remember the Brownie Elf story?

Being a Brownie Elf for your family, friends, neighbors, and community is what Mutual Aid is all about. As Girl Scouts we live our Promise and Law every day.

Which part of the Law do you think

applies to Mutual Aid?

Who are the helpers in your family? In your neighborhood? In your community? Make a list and then talk with someone in your household about what makes these helpers so important in good times and when things get tough, like they are now.



Friends and Family

It is likely that this is the most time you and the members of your household have spent together in one place. This can be AWESOME, but it can also be very stressful. People in your household are not only living at home, but running the household, they working and homeschooling, and more. That is a lot!

Being friendly and helpful, considerate and caring are really important now more than ever.

Look around your home. Are there things that you see that maybe you could help

with? Talk with the members of your household and see how you can help. Make a list of ways you can help out around the home.

Sheltering-in-place also means that we are missing our friends and family members who do not live with us. Think about ways you might be able to stay in contact with aunts, uncles, cousins, grandparents, and friends.

Make a list of people who might like to hear from you. Then make a schedule that includes reaching out to someone on your list every day.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Mutual Aid

Neighbors

The COVID-19 pandemic is global. But there are ways we can help close to home. Do you have neighbors who are in any of the vulnerable populations?

- Over sixty years of age.
- Have an immune-suppressive illness.
- Have breathing issues.
- Have serious underlying medical conditions.
- Are pregnant.

Are there households with small children?
Or a deployed family member?

With the permission of your parents or

guardian, think of ways you could reach out to these neighbors but maintain the physical distance guidelines.

Some ideas might include:

- Drawing pictures for your neighbors.
- Build a nature scavenger hunt that can be emailed to your neighbors.
- Write some inspiring notes or chalk your sidewalk with inspiring quotes.
- Put a teddy bear in your window and advertise a bear hunt. How many teddy bears can you find on your walk?

Use your imagination!

Community Service

Look at your community. Is there something you could do to help? Watch this video on [how to make surgical masks by Senior Girl Scout Ava](#).

Ava saw a need in her community and wanted to do something about it. Her video is being now used all over the state of Washington.

What impact can you have on your community? Write down your ideas and present them to your household. Let them give you feedback. Incorporate

feedback into your planning.

Ask the members of your household for help in making your project a reality. **Think about how you can engage other Girl Scouts in your project.** Even though you cannot be physically together, you can use (**with permission of your parent/guardian**) social media, the telephone, and video conferencing to share your idea and encourage others to help.

As Girl Scouts we are charged with making the world a better place. Go do it!



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Pets Challenge

Pets and COVID-19

We all have pets in our lives—our own, a family member's, or a neighbor's. They bring us great joy and comfort. They are often considered part of our families.

While we still do not know, scientists believe COVID-19 was transmitted from an animal to humans based upon past coronaviruses like MERS (from camels) and SARS (from cats). So could your pet cat or dog get sick with COVID-19? Or infect you or your family?

According to the American Veterinary Medical Association, the Centers for Disease Control, and the World Health

Organization, to date, there have not been any reports of pets or other animals becoming ill, and there is no evidence that domestic animals, including pets can spread the COVID-19 virus. With that said, it is always a good idea to keep your pet and their area clean and to wash your hands after petting your pet.

If you don't have a pet, consider contacting a family member or neighbor who does and ask them to help you earn this challenge.

Please note that scientists are continuing to monitor this issue and recommendations may change.

Cuddles and Snuggles

Pets provide comfort in time of anxiety and change. Simply stroking your cat or dog can lower your blood pressure and make you feel calmer. Playing with your pet increases the levels of the feel-good chemicals (serotonin and dopamine) in your brain. Our pets can also increase the levels on oxytocin and decrease the production of the stress hormone cortisol. These hormonal changes help you feel more relaxed.

With your pet or your favorite stuffed animal, try a test. **Play or cuddle with your pet or**

stuffed animal for 10 minutes and then see how you feel. Keep track of your feelings in a journal. You can make your own journal book to keep track.

If you find yourself feeling anxious, nervous, or worried, which are all appropriate feelings during this COVID-19 pandemic, look to your pet(s) for comfort.

And don't forget, they might need a little cuddling too as our pets often feel our emotions and feelings.



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Pets Challenge

Pet Care

Just like you, your pet(s) need care during this time. Pets are aware of our feelings and our presence. Your pet(s) are probably very happy to have you home so they can watch over you. You need to watch over them as well.

If you have not already done so, **prepare an emergency kit for your pet.**

Your kit should include:

- Veterinary and shot records.
- Food for two weeks.

- Water.
- Leash, collar or harness.
- Cat litter for two weeks.
- A photo of your pet(s).

Your pet should have identification on their collar, especially if they go outside.

It is important for your pet to get exercise every day—a walk, play ball or chase.

Use the journal you made in step 2, to also track your pet's exercise each day.

Help Your Neighbors

Lots of people have pets. Whether you own a pet or not, there are probably people in your neighborhood who are not able to walk their dogs every day.

With permission of your parent or guardian, consider offering a dog walking service for your neighbors who cannot walk their dogs because they are in a vulnerable population.

Whether walking your dog, or your neighbor's, you will need to exercise good physical distancing during your walks. Remember to keep a six foot circle of space

between you and the nearest human.

Remember to wash your hands with soap and water for a minimum of 20 seconds before and after your walk.

If your dog is not social, you might have to walk the pets separately.

And don't forget to:

