**General Studies for Primary Schools (Key Stage 2)**

**Self-learning Worksheet (Together, we fight the virus)**

**Worksheet 2: Maintaining hygiene to prevent diseases**

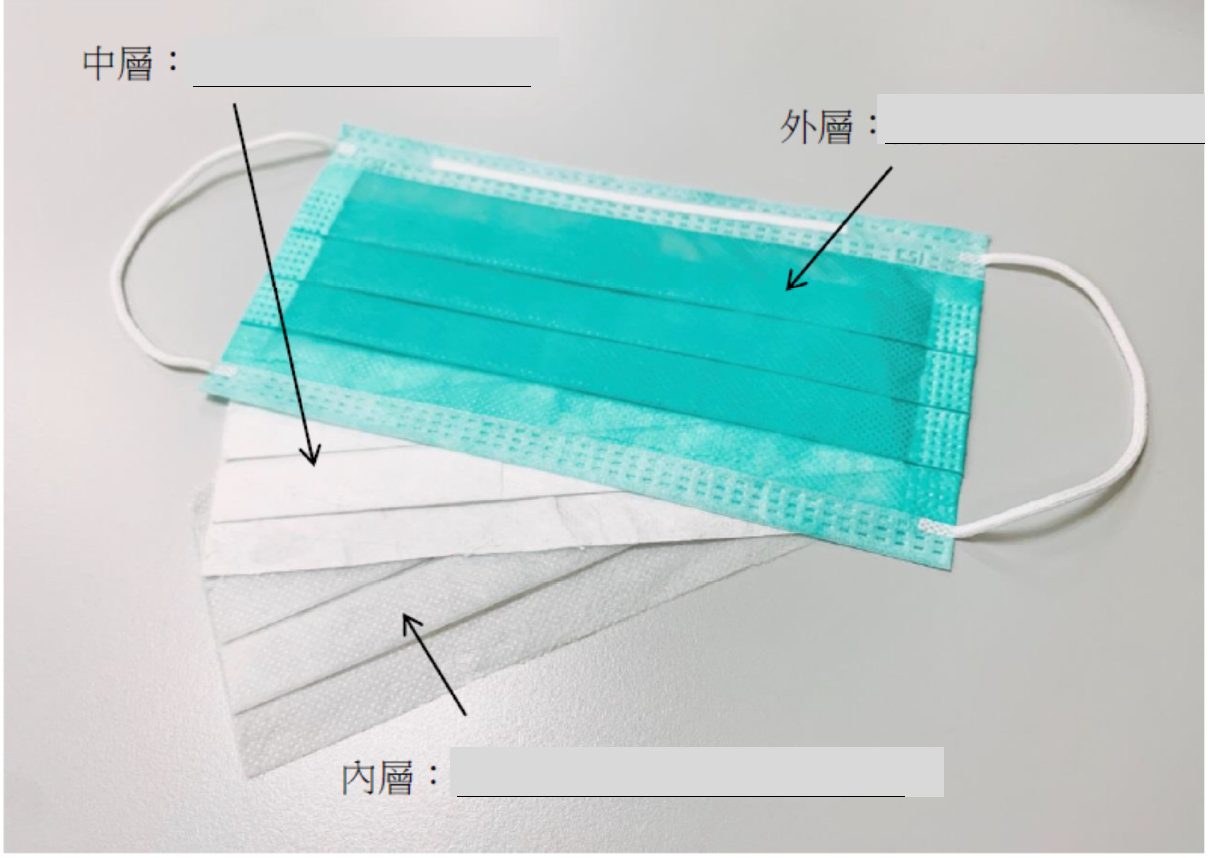
**Read and watch the video and pamphlets of Department of Health, then fill in the blanks.**

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| Item | Content | Website and QR code |
| Video | **../../../../../Users/apple/Desktop/Screen%20Shot%202020-03-23%** | <https://bit.ly/2UeNxMp>  **../../../../../Users/apple/Desktop/Screen%20Shot%202020-03-23%** |
| Pamphlets |  | <https://bit.ly/37Eg4zg>    <https://bit.ly/2tYOluo> |

(1) Points to note for hand hygiene and wearing a mask

1. Rub seven parts of our hands, including palms, back of hands, between fingers, back of hands, thumbs, finger tips and wrists.
2. Rub your hands for at least 20 seconds.
3. Dry hands thoroughly with a clean cotton towel or a paper towel until the hands are completely dry.
4. Wearing a mask can protect ourselves, prevent the spread of infection to others and the spread of virus transmission in the community.
5. Perform hand hygiene before putting on a mask.
6. Make sure the metallic strip should face (upwards / ~~downwards~~) and the coloured side should face (~~inwards~~/ outwards).
7. Before taking off the mask, perform hand hygiene. Discard the mask into a lidded rubbish bin and perform hand hygiene immediately.

(2) Below is the structure of a surgical mask, please write down the use of different parts on the lines provided.

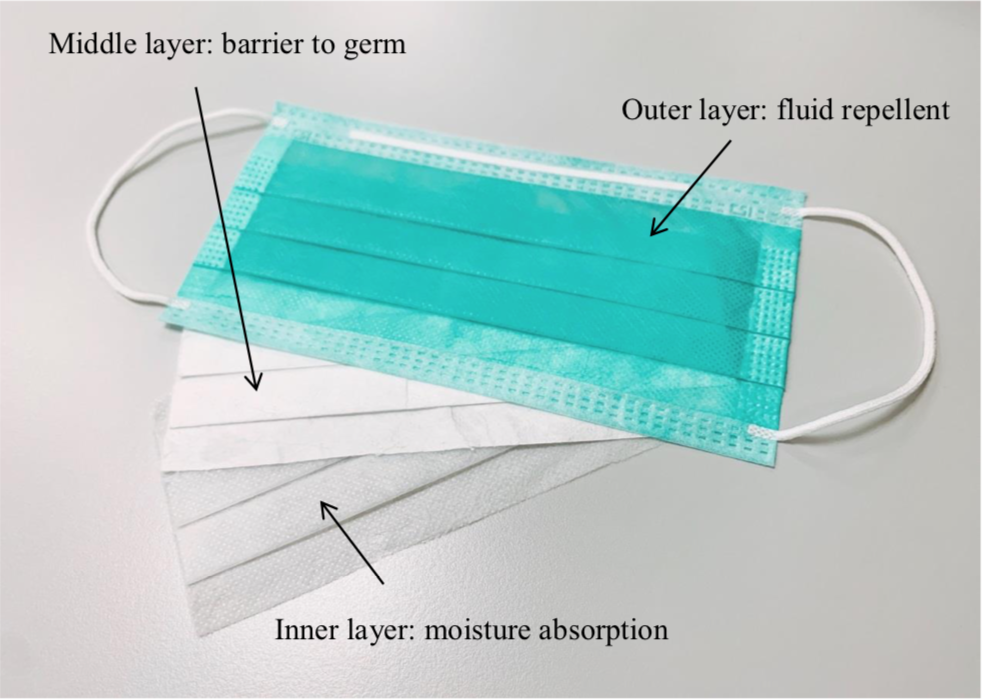


Outer layer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Middle layer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Answer Key)

Inner layer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Source: CHP, Department of Health)