

Overview:

Lots of people have heard of coronavirus on the news and the impact it is having around the world.

This session plan helps guide learners through getting reliable health advice and how video calling their GP can help prevent the virus spreading.

Learners need a Learn My Way account to access the online course in this session. If learners don't have an account it is recommended that you help them do this prior to starting this session.

Session aims:

- Increase confidence when searching for health information online.
- Increase confidence when video calling your GP on computers and mobile devices.

Learning aims:

- Understand where to find reliable health information about the coronavirus.
- Understand how to find your GP online.
- Understand how to contact your GP.
- Understand what video calling is and its benefits.

Online resources:

- <https://www.learnmyway.com/courses/video-calling>
- <https://www.learnmyway.com/courses/nhs-website-a-how-to-guide/>

Using the internet to get ready for coronavirus Duration: 1 hour



Duration (minutes)	Activity	Assessment
5	<p>Introduction</p> <p>Explain what you'll be covering this session. It will include some online learning and offline activities around health information and finding out where your GP is.</p> <p>Ask learners if they know about the NHS website? Ask learners if they have a local GP? If so, do learners know whether they can video call their GP?</p>	Discussion
5	<p>Learn My Way: NHS website: a guide how to</p> <p>Ask learners to navigate to www.learnmyway.com and sign in with their account details.</p> <p>Navigate to the course and ask learners to click 'Start this course'. Ensure learners are aware of navigation controls and allow them to progress at their own pace.</p> <p>Ask learners to complete the first topic (Online health information).</p>	<p>If learners have forgotten their account details, explain how to use the 'Forgotten your password?' feature on the sign in page; this will work even if they don't know their username.</p> <p>Walk around to monitor learner progress, helping on a one-to-one basis as required.</p>

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Learn
My Way

Duration (minutes)	Activity	Assessment
10	<p>Activity - NHS website - what do you know?</p> <p>Ask learners to use the webpage (https://www.nhs.uk/conditions/coronavirus-covid-19/) to identify typical symptoms of the coronavirus and do's and dont's in how you should prevent the virus from spreading.</p> <p>If learners are unsure about using their device you can print the webpage out and ask learners to complete the handout. You should revisit and reprint the page for each new session as the information may have been updated.</p>	Handout the activity - NHS website - what do you know?
10	<p>Activity: How to find your GP</p> <p>If your learners need further information then they can speak to their local GP. If they don't know who or where their local GP services are then show them how to find it using the NHS website.</p> <p>Show learners how to use the services near you section to find their local GP.</p> <ul style="list-style-type: none">• Open the NHS webpage (https://www.nhs.uk/service-search)• Select 'Services near you' tab• Select 'GP'• From here you can ask learners to search for their nearest GP services.	Online demonstration
5	<p>What is video calling?</p> <p>Ask learners whether they have heard of video calling?</p> <p>Video calling is where you can see and hear the person, or people, you're talking to. It's a great way to feel closer to people, without needing to be near them.</p>	Discussion

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Duration (minutes)	Activity	Assessment
5	<p>Learn My Way: Video calling</p> <p>To enable learners to gain a basic understanding around how video calling works, ask learners to complete the first topic of the video calling course (Introduction to video calling).</p>	Online learning
10	<p>Activity: Health advice for Julie</p> <p>Discuss the benefits of video calling and then handout 'Health advice for Julie'.</p> <p>Benefits of video calling:</p> <ul style="list-style-type: none">• Saves travel time and costs• You don't need to be in the same location as the other person	Handout the activity - Health advice for Julie.
5	<p>Session review</p> <p>Ask learners how they found the session. What was easiest and what was the hardest?</p> <ul style="list-style-type: none">• Discuss how learners feel about video calling, what they've learnt and if they have any questions.• Suggest learners re-visit the websites to find out more information about the corona virus and also to find their local GP and their contact details.• Encourage learners to download different video calling apps and start calling people.	Discussion

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Duration (minutes)	Activity	Assessment
5	<p>Further learning</p> <p>Here are some resources learners might find useful if they need support in specific areas:</p> <p>NHS: How to register with a GP practice - bit.ly/2PJPNgM The NHS app - bit.ly/2lhH6RP Learn My Way: Using your computer or device - https://bit.ly/2PNP6yd Learn My Way: Using video calling apps - https://bit.ly/2xa4Q8c</p>	

Health information and contacting your GP

NHS website - what do you know?

This activity sheet aims to help you to explore key information from the NHS about Coronavirus. It asks you to find important facts about caring for you and your family.

Step One: Search for reliable information

- Open your internet browser
- Type nhs coronavirus into the search bar and press Enter
- Select the result Coronavirus (COVID-19) - NHS

Step Two: Read the information

- Explore the information on the NHS website.
- You may want to select links to take you to more detailed information. Links include "Common questions" or "Advice for travellers". Remember you can use the internet browser back button to return to the main NHS webpage.

Step Three: Find answers to the following questions

Use the NHS webpage to find the information you need to fill in the chart below.

Question	Answer
What is the medical name for coronavirus?	
Which parts of the body does the coronavirus affect?	
What are the three main symptoms of coronavirus?	
Suggest two things that you can do to avoid catching or spreading coronavirus.	
Suggest one thing you should not do to avoid catching or spreading coronavirus	
If you need medical advice on coronavirus, what telephone number should you call?	
If you need medical advice on coronavirus, what three medical places should you not attend?	

Health advice for Julie



Meet Julie.

Julie's heard a lot about the Coronavirus on the news. She's worried about the risks to the health of her and her two children.

1. First she decides to search online for information. What is the best way for her to search for reliable health information?

- Search the internet for 'Coronavirus'
- Search the internet for 'NHS Coronavirus'
- Search the internet for 'How to keep my children safe from Coronavirus'

2. Now that Julie's found some reliable information she wants to know more about the signs of the virus. What should she look for?

- How coronavirus is spread
- Check if you need medical help
- Symptoms of Coronavirus

3. Having learnt more about the virus Julie would like to talk to her GP. Which part of the NHS website can help her find her GP's contact details?

- Services near you
- Care and support
- Health news

4. Julie knows that visiting her GP could help spread the virus. What can she do instead?

- Ask for the GP to visit her at home
- Ask if she can talk to her GP by video call
- Stay at home and see what happens

Health advice for Julie (Tutor sheet)

Meet Julie.

Julie's heard a lot about the Coronavirus on the news. She's worried about the risks to the health of her and her two children.

1. First she decides to search online for information. What is the best way for her to search for reliable health information?

- Search the internet for 'Coronavirus'
- Search the internet for 'NHS Coronavirus' (Correct)
- Search the internet for 'How to keep my children safe from Coronavirus'

2. Now that Julie's found some reliable information she wants to know more about the signs of the virus. What should she look for?

- How coronavirus is spread
- Check if you need medical help
- Symptoms of Coronavirus (Correct)

3. Having learnt more about the virus Julie would like to talk to her GP. Which part of the NHS website can help her find her GP's contact details?

- Services near you (Correct)
- Care and support
- Health news

4. Julie knows that visiting her GP could help spread the virus. What can she do instead?

- Ask for the GP to visit her at home
- Ask if she can talk to her GP by video call (Correct)
- Stay at home and see what happens