



Hoërskool Roodepoort

Lewensoriëntering

Koronavirus

Graad 8



Eksaminator: Mev T.Fourie

Datum: Mei 2020

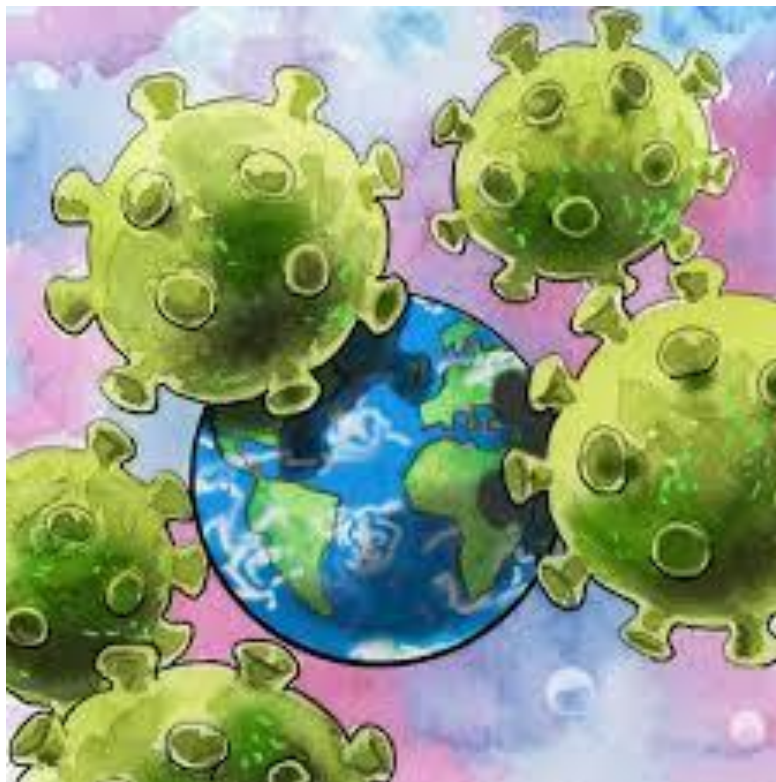
Moderator: Mev F. Visser

Punte: 30

### INSTRUKSIES

1. Beantwoord die volgende vrae op folio-papier. Onthou om jou naam op die antwoordblad te skryf.
2. Lees alle vrae aandagtig deur.
3. Beantwoord in **BLOU** pen en skryf netjies en leesbaar.

### KORONAVIRUS



## **AFDELING A: Beantwoord al die vrae in hierdie afdeling.**

### **Vraag 1**

#### **1.1 Bly veilig**

Lees die volgende uittreksel uit die toespraak van Cyril Ramaphosa op 23 April 2020 en beantwoord die vrae wat volg.

'Dit ons eie optrede, as individue, wat bepaal hoe vinnig die virus versprei. As ons almal volhou aan die instruksies en riglyne vir openbare gesondheid, sal ons die virus onder beheer hou en hoef ons nie die drastiese beperkings in te stel nie. Ons kan die verspreiding van koronavirus voorkom deur 'n paar eenvoudige dinge te doen.

Was jou hande gereeld met seep en water of gebruik 'n alkoholbasis. Hou 'n afstand van meer as een meter tussen jou en die volgende persoon, veral diegene wat hoest en nies. Probeer om nie jou mond, neus en oë te raak nie, want jou hande het moontlik die koronavirus op 'n oppervlakte geraak. As jy hoest of nies, bedek jou mond en neus met jou gebuigde elmboog of 'n sneesdoek, en gooi die sneesdoek dadelik weg. Terwyl ons die begin van Mei met die verligting van die inperkingsbeperkings begin, doen ons 'n beroep op alle Suid-Afrikaners om 'n gesigsmasker te dra wanneer jy die huis verlaat.

Ons klere- en tekstielbedryf - insluitend baie kleinsakeondernemings - is gereed om hierdie maskers op groot skaal te vervaardig. Die buitengewone maatreëls wat ons getref het om die koronavirus-pandemie te bekamp, is gekoppel aan die buitengewone bydraes van baie Suid-Afrikaners. ”

1.1.1 In die toespraak noem Cyril Ramaphosa verskillende maniere hoe 'n mens veilig kan bly teen die koronavirus. Noem vyf maniere wat hy genoem het. (5)

1.1.2 Waarom dink jy is dit belangrik om in hierdie tyd sosiale distansie te behou? (2)

#### **1.2 Geestesgesondheid**

Tydens die afsluiting kan dit baie maklik wees om te voel dat jy jouself verloor en jy nie weet wat om te doen nie, jy voel angstig, verveeld, geïrriteerd, ens. Kyk na die tabel hieronder en beantwoord die vrae wat volg.

## **Hantering van emosies tydens COVID-19**

As emosies jou onderdruk tydens die COVID-19-uitbreek, dink deur die volgende vrae om jou te help om jou gevoelens te hanteer en jou gemoedstoestand, houding en uitkyk te verbeter!

<b><u>Wat voel jy?</u></b>	<b><u>Waarom voel jy so?</u></b>	<b><u>Hoe kan jy die geldige gevoelens hanteer?</u></b>
Bang Oorweldig Angstig Bekommerd	Verspreiding van COVID-19 se impak van inperkings.	Verander jou perspektief om op positiewe te fokus. Benut die saam met jou gesin. Kry ekstra rus en geniet ontspannende stokperdjies of aktiwiteite.
Eensaam Rusteloos Geiriteerd Hartseer	Tyd weg van vriende en afsondering in jou huis	Ontdek maniere om digitaal met vriende te kuier. Spandeer ook tyd met jouself, ondersoek belangstellings of dink oor jou behoeftes vir die toekoms.
Gestres Gefrustreerd Verward Kwaad	Onbewus van wanneer dinge weer normaal sal wees	Oefen om in die nou te lewe en lewe een dag op 'n slag te neem. Onthou dat jy nie alleen is nie; amper almal in die wêreld deel hierdie bekommernisse.
Verveeld Geroer Traag	Verloor struktuur van skool en jou "normale" lewe	Probeer tuis struktuur skep. Stel alarm in om vroeg wakker te word, eet gereeld op selfde tye of skryf 'n aktiwiteitskedisule vir jou dag uit.

1.2.1 Het jy enige van die emosies wat hierbo beleef is, ervaar gedurende die afsluitingsperiode? Indien wel, watter emosies het jy ervaar? Indien nee, hoe het jy gedurende hierdie periode positief gebly om nie een van hierdie emosies te ervaar nie. (2)

1.2.2 Wat is die een ding wat jy anders sou gedoen het tydens hierdie inperking? (1)

### **1.3 Waar of onwaar**

1.3.1 Dit is belangrik om jou hande gereeld vir 20 sekondes met seep en water te was. (1)

1.3.2 Daar is sewe verskillende inperkingsfases in Suid-Afrika. (1)

1.3.3 Dit is verpligtend om vanaf 1 Mei 2020 'n gesigsmasker in die openbaar te dra. (1)

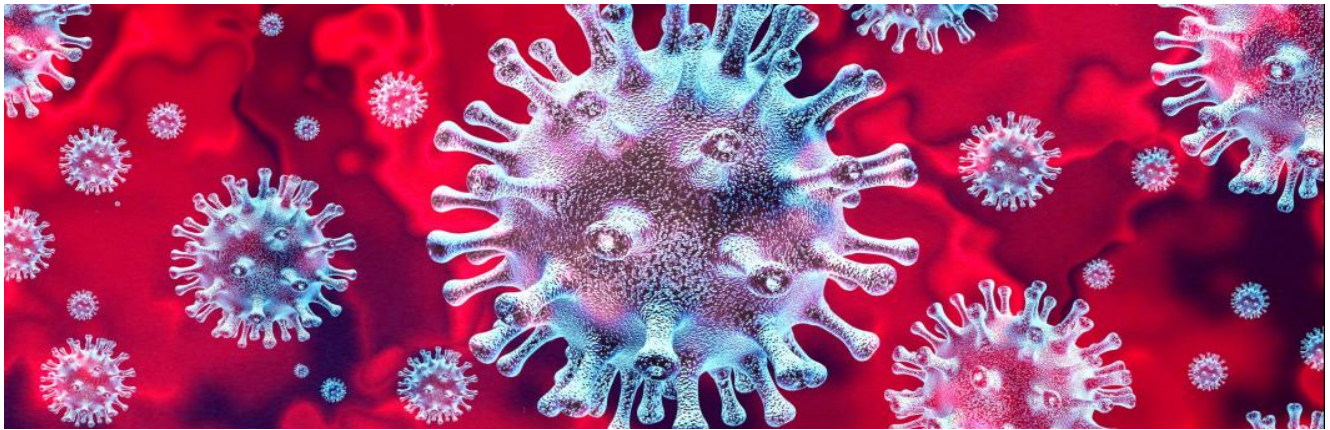
1.3.4 Jy mag jou familie en vriende besoek tydens die stadium vier van die inperking. (1)

1.3.5 Jy kan koronavirus by katte en honde kry. (1)

## **Afdeling B**

**Lees die volgende artikel. Dit sal u help om die blokkiesraaisel wat volg, te beantwoord.**

# **Die mees omvattende gids tot die nuwe Koronavirus**



## **Wat is `n virus?**

`n [Virus](#) is `n baie klein kiem, baie kleiner as enige iets wat jy kan sien. Virusse kan ons siek maak, maar hulle kan niks op hul eie verrig nie – hulle moet binne-in `n ander wese (die gasheer) leef om te oorleef. Om dit te kan doen, moet hulle binne in ons selle inkom.

## **Wat is die koronavirus?**

Jy het seker al gesien dat baie artikels na die "Koronavirus" verwys. Daar is `n nuwe soort virus wat deur die hele wêreld versprei. Dit word die [Koronavirus](#) genoem, omdat "korona", "kroon" in Latyn beteken. Die virus lyk of dit `n kroon met punte dra. Dit laat mense meestal hoes, hulle voel moeg en ontwikkel `n hoë koors. Ouer mense en mense wat ander siektetoestande onderlede het kan ernstig siek word van die virus. Die siekte wat die virus veroorsaak word COVID-19 genoem.

## **Waar kom die koronavirus vandaan?**

Die virus is vir die eerste keer in Desember verlede jaar in die stad Wuhan, in China, waargeneem. Ons dink egter dat die virus oorspronklik van vlermuise afkomstig is. Die virus het "gespring" na `n ander dierspesie en is vandaar af na mense oorgedra. Niemand kan met sekerheid sê wat die raaiselagtige dier was nie, maar sekere mense beweer dat dit `n ietermago, `n skubberige dier wat miere eet, kon wees.

## **Hoe maak dit mense siek?**

Virusse maak mense siek deur gesonde liggaamselle dood te maak of om te keer dat die selle behoorlik funksioneer. Soos ons voorheen genoem het, gebruik die Koronavirus `n spesiale deur om die sel binne te dring. Die spesiale deur in hierdie geval word

gevind in die neus en die longe. Wanneer daar te veel van die virus in die longe groei, kan dit veroorsaak dat jy moeilik asemhaal en kan dit lei tot longontsteking.

Gelukkig het jou liggaam 'n ingeboude weermag om kieme soos die Koronavirus te beveg. Dit word die immuunsisteem genoem. Wanneer 'n virus jou liggaam binne dring, val jou immuunsisteem die virus aan. Weet jy waarom jy koors, 'n hoofpyn of loopneus kan ontwikkel as jy siek is? Dit word veroorsaak deur die immuunsisteem, en dit is goed! Hierdie aaklige simptome is tekens dat jou liggaam die virus aanval.

Die meeste mense wat COVID-19 opdoen toon net simptome soos hoes, koors en 'n loopneus. Dokters is nie seker hoekom nie, maar sommige mense raak ernstig siek. Sommige mense se immuunsisteem veg dalk nie hard genoeg nie. Sommige mense se immuunsisteem veg dalk weer te hard en sodoende beskadig dit hul eie selle. Beide van hierdie redes kan mense sieker maak.

### **Wat kan jy doen om te help?**

Jy kan help om die virus verspreiding te beperk deur jou hande te was. Dit beteken dat jy jou hande met seep moet was deur jou hande teen mekaar te vryf en om al jou vingers behoorlik skoon te maak – onder jou vingernaels en tussen jou vingers. Jy kan die ABC-lied sing of enige ander deuntjie wat ten minste 20 sekondes duur.

Probeer ook om jou hande van jou gesig af weg te hou, so moet nie jou oë of neus vryf of jou hande in jou mond sit nie. Sodoende, indien die virus dalk op jou hande is, sal jy nie die virus toegang gee tot jou liggaam nie of 'n manier hoe dit jou kan siek maak nie. Onthou om in die waai van jou arm te hoes of te nies (soos 'n vampier!) en bly by die huis as jy siek is.

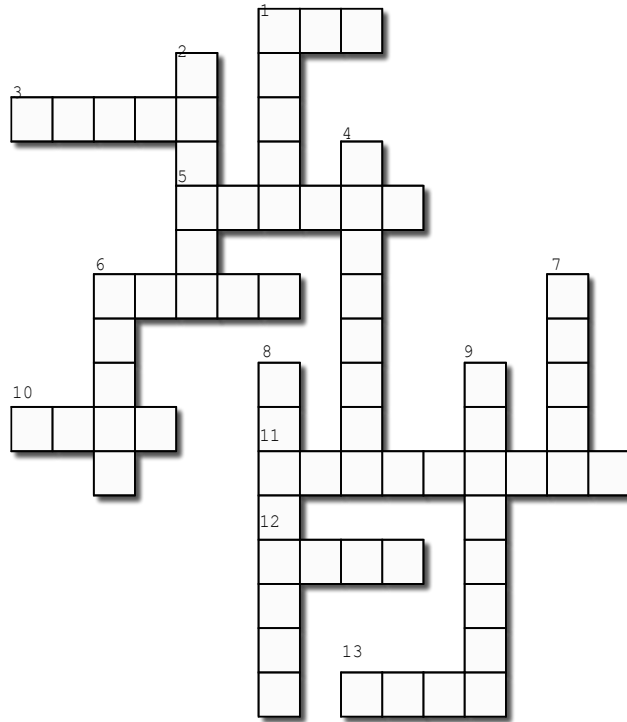
**Oorspronklik gepubliseer in [Live Science](#).**

**Vraag 2: Gebruik die artikel en die leidrade om u te help om die blokkiesraaisel te voltooi.**

(15)

# Koronavirus

Name: \_\_\_\_\_



**Across**

- 1. U kan ook die verspreiding voorkom deur om jou hande gereeld te
- 3. Die virus het oorspronklik in watter land begin
- 5. Dit kan ook versprei deur direkte \_\_\_\_\_ met 'n geïnfekteerde persoon
- 6. Klein kiem, baie kleiner as enigiets wat jy kan sien
- 10. Cyril Ramaphosa het 'n Nasionale Staat van \_\_\_\_\_ verklaar op 15 Maart 2020
- 11. Van watter dier vermoed hulle dat die virus vandaan kom
- 12. Maak mense siek deur menslike selle \_\_\_\_\_ te maak of dat hulle nie behoorlik werk nie
- 13. Nog 'n simptome sluit is \_\_\_\_\_

**Down**

- 1. Die virus het in watter stad begin
- 2. Jy kan die verspreiding voorkom deur 'n \_\_\_\_\_ te dra
- 4. Wêreld Gesondheids Organisasie het die koronavirus as 'n globale \_\_\_\_\_ verklaar
- 6. Of jy kan dit voorkom deur direkte kontak te \_\_\_\_\_
- 7. Die belangrikste simptome van die virus is kortasem, hoofpyn en \_\_\_\_\_
- 8. Die siekte wat die virus veroorsaak
- 9. Die virus versprei wanneer \_\_\_\_\_ uit die mond van 'n geïnfekteerde persoon gehoes of nies word





Hoërskool Roodepoort

Life orientation

Coronavirus

Grade 8



Examiner: Mrs T.Fourie

Date: May 2020

Moderator: Mrs F. Visser

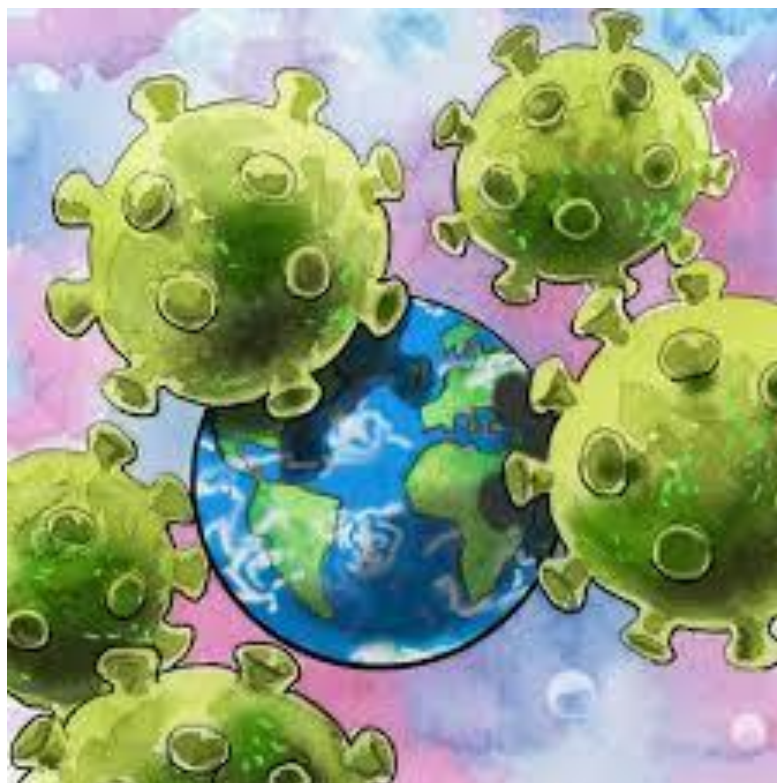
Marks: 30

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## INSTRUCTIONS

1. Answer the following questions on folio paper. Remember to write your name on the answer sheet.
2. Read all questions carefully
3. Answer in **BLUE** pen and write neatly and legibly.

## CORONAVIRUS



## **SECTION A: Answer all the questions in this section.**

### **Question 1**

#### **1.1 Staying Safe**

Read the following extract from Cyril Ramaphosa's speech to the Nation on 23 April 2020 and answer the questions that follow.

“Ultimately, it is our own actions, as individuals, that will determine how quickly the virus spreads. If we all adhere to instructions and follow public health guidelines, we will keep the virus under control and will not need to reinstate the most drastic restrictions. We can prevent the spread of coronavirus by doing a few simple things.

Wash your hands frequently with soap and water or use an alcohol based sanitiser. Keep a distance of more than one metre between yourself and the next person, especially those who are coughing and sneezing. Try not to touch your mouth, nose and eyes because your hands may have touched the coronavirus on surfaces. When you cough or sneeze cover your mouth and nose with your bent elbow or a tissue, and dispose of the tissue right away. As we begin the easing of lockdown restrictions from the beginning of May, we are calling on all South Africans to wear a face mask whenever you leave home.

Our clothing and textile industry – including many small businesses – are gearing up to produce these masks on a mass scale. The extraordinary measures that we have put in place to combat the coronavirus pandemic have been matched by the extraordinary contributions of many South Africans.”

1.1.1 In the speech, Cyril Ramaphosa mention various ways how one can stay safe from the coronavirus. Mention five ways that he mentioned. (5)

1.1.2 Why do you think it is important to maintain social distancing during this time? (2)

#### **1.2 Mental Health**



During the lockdown it can be very easy to feel like you are losing yourself and you don't know what to do, you may be feeling anxious, bored, irritated and so forth. Look at the picture below and answer the questions that follow.

### **COPING WITH EMOTIONS DURING COVID-19**

When emotions are getting you down during the COVID-19 outbreak, think through these following questions to cope with your feelings and improve your mood, attitude and outlook!

<b>WHAT ARE YOU FEELING?</b>	<b>WHY DO YOU FEEL THAT WAY?</b>	<b>HOW CAN YOU COPE WITH THOSE VALID FEELINGS?</b>
Scared Overwhelmed Anxious Worried	Spread of COVID-19 & impact of quarantining	Shift your perspective to focus on the positives. Take advantage of time with your family. Get extra rest and enjoy relaxing hobbies or activities.
Lonely Restless Irritable Sad	Time away from friends & isolation in your home	Explore ways to socialize with friends digitally. Also, spend time with yourself, exploring interests or thinking about your wants for your future.
Stressed Frustrated Confused Angry	Unaware of when things will return to normal	Practice living in the now and taking life one day at a time. Remember that you are not alone. Nearly everyone in the world shares these worries as well.
Bored Agitated Lethargic	Losing structure of school & your "normal" life	Try creating structure for yourself at home. Set your alarm to wake up early, have your meals at regular times, or write out an activity schedule for your day.

Visit [www.rethinkstigma.org/covid-19-support](http://www.rethinkstigma.org/covid-19-support) for more mental health resources.

1.2.1 Have you experience any of the aboved emotions during the lockdown period? If yes, which emotions did you experience. If no, how did you keep a positive mind during this period to not experience any of these emotions. (2)

1.2.2 What is the one thing that you would have done differently during this lockdown? (1)

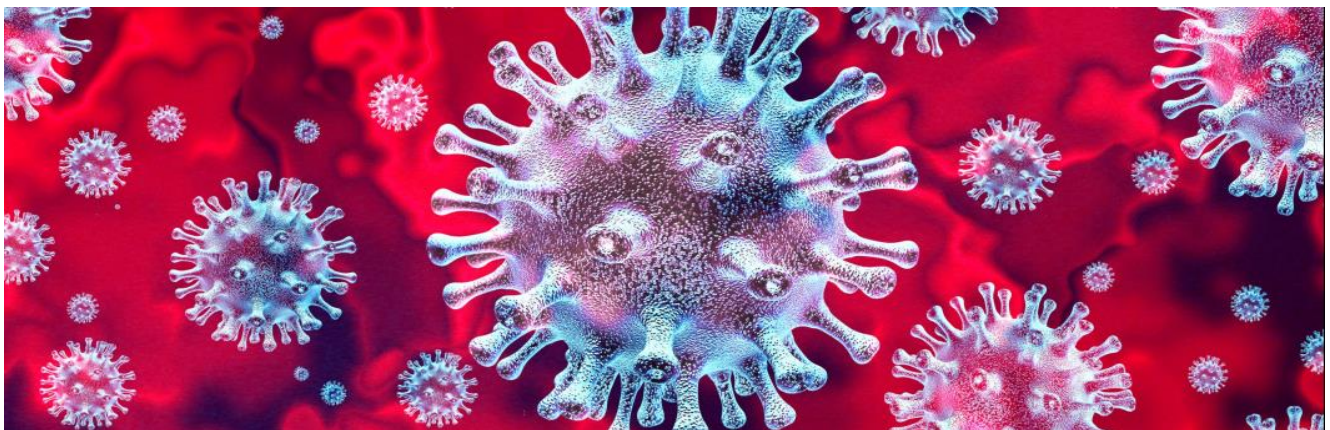
### **1.3 True or false**

- 1.3.1 It's important to wash your hands regularly for 20 seconds with soap and water. (1)
- 1.3.2 There are 7 different lockdown stages in South Africa. (1)
- 1.3.3 It is compulsory to wear a face mask in public as of 1 May 2020. (1)
- 1.3.4 You may go visit your family and friends during stage 4 of lockdown. (1)
- 1.3.5 You can get coronavirus from cats and dogs. (1)

### **Section B**

**Read through the following article. It will help you answer the crossword puzzle that follows.**

## **The ultimate guide to the new coronavirus**



### **What is a virus?**

A [virus](#) is a teeny, tiny germ, way smaller than anything you can see. Viruses can make us sick, but they can't do anything on their own — they need to live inside another creature (their host) to survive. To do that, they have to get into our cells.

### **What is the coronavirus?**

You may have noticed lots of articles talking about a "coronavirus." There is a new kind of this virus spreading around the world. It's called [a coronavirus](#) because "corona" means "crown" in Latin. And the virus looks like it's wearing a spiky crown. Mostly, it makes people cough, feel tired and have a fever. But older people and people who have other conditions can get very sick from it. The disease the virus causes is called COVID-19.

## **Where did the coronavirus come from?**

The virus was first found in a city in China, called Wuhan, last December. But we think the virus actually comes from bats. From there, it hopped into another type of animal, who gave it to humans. No one knows for sure what this mystery animal was, but some people think it might have been a pangolin, a scaly animal that eats ants.

## **How does it make people sick?**

Viruses make people sick by killing human cells or making them not work properly. Like we said, the new coronavirus uses a special door to get into cells. Those special doorways are on cells in the nose and lungs. If the virus grows too much in the lungs, it can make it hard to breathe. That is called pneumonia.

Luckily, your body has an army to fight germs like the coronavirus. It's called the immune system. When a virus enters your body, the immune system attacks the virus. Do you know why you can get a fever, headache or runny nose when you are sick? That's caused by the immune system, and it's good! These yucky symptoms are signs that your body is fighting the virus.

Most people who get COVID-19 just have symptoms like a cough, fever or runny nose. Doctors are not sure why, but some people get really sick. Some peoples' immune systems may not fight hard enough. Other peoples' immune systems may fight too hard, hurting their own cells. Both of these things can make people sicker.

## **What can I do to help?**

You can help stop the virus by washing your hands. This means washing with soap and rubbing your hands together to clean all your fingers, under the fingernails and between the fingers. You can sing the ABCs or come up with another tune that lasts about 20 seconds.

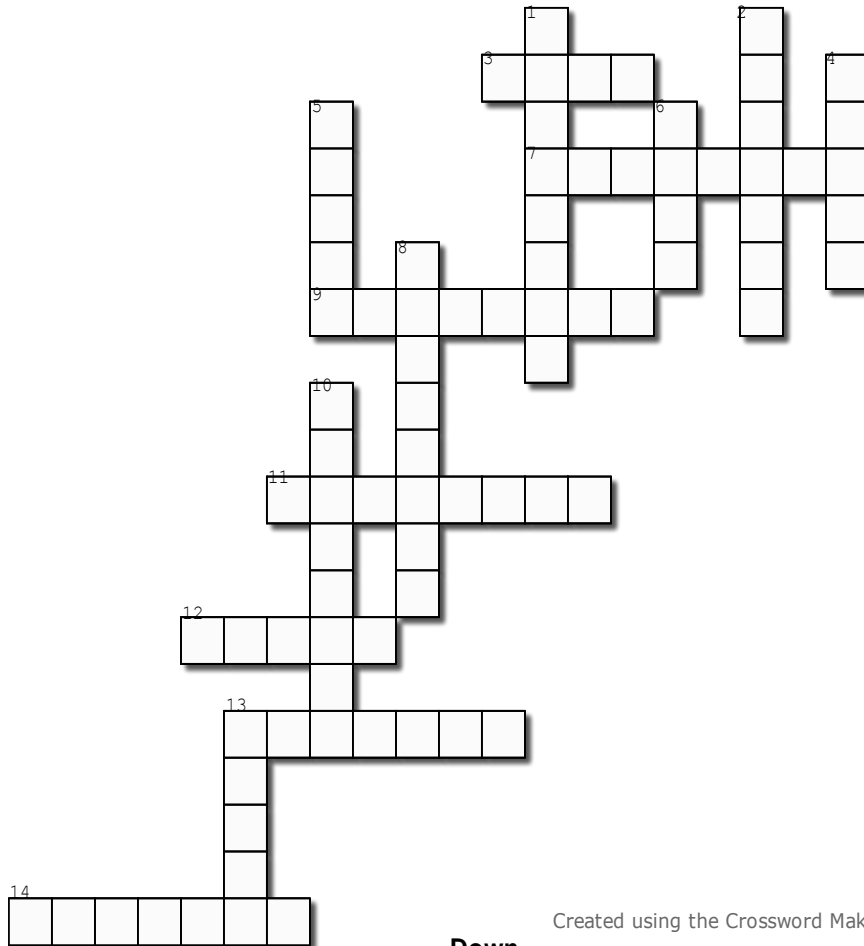
Also, try to keep your hands off your face, so no rubbing your eyes or nose or putting your hands in your mouth. That way, if there is any of the virus on your hands, you won't give it a way to enter the body where it can make you sick. And remember to cough or sneeze into your elbow (like a vampire!), wear a mask and stay home when you sick.\

***Originally published on [Live Science](#).***

**Question 2: Make use of the article and the clues to help you complete the crossword puzzle.** (15)

# Coronavirus

Name: \_\_\_\_\_



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 3. From which animal do they suspect the virus came from
- 7. Cyril Ramaphosa declared a National State of on March 15, 2020
- 9. Or you can prevent it by \_\_\_\_\_ close contact
- 11. The disease the virus causes
- 12. Main symptoms of the virus includes shortness of breath, headaches and
- 13. You can also prevent the spread by \_\_\_\_\_ your hands
- 14. Makes people sick by \_\_\_\_\_ human cells or making them not work properly

**Down**

- 1. World Health Organisation has declared the coronavirus as a global \_\_\_\_\_
- 2. It can also spread through direct \_\_\_\_\_ with an infected person
- 4. Teensy, tiny germ, way smaller than anything you can see
- 5. The virus originated in which country
- 6. You can prevent the spread by wearing a \_\_\_\_\_
- 8. Another symptom can include \_\_\_\_\_
- 10. The virus spreads when \_\_\_\_\_ that are coughed or sneezed out of an infected person's mouth
- 13. The virus originated in which city