



Topic: Health and Safety

1. Review COVID-19 Info card
2. Watch Medication video "How Does Your Body Process Medicine?"
3. Discuss
 - a. Why do people take medicine?
 - b. If you've taken medicine before, have you noticed how it affects you and your body?
4. Watch hand washing video "How Germs Spread"
 - a. Have the person demonstrate
5. Watch hygiene video "Personal Hygiene"
 - a. Discuss daily routine
 - i. Showering, deodorant, washing clothes, washing hands
 - b. Are there any changes that the person needs to make?
6. Watch 2 good eating habits videos "5 Fabulous Food Groups" and "Healthy Plate"
7. What's in my kitchen Scavenger Hunt
8. Review Exercise/Health Handouts in PDF labeled "Health and Exercise"
9. Watch exercise video "Easy Warm Up Cardio Workout"
 - a. Have person do exercises in whatever way they can, keeping in mind their safety!
10. Review "Are You Ready to Manage Your Own Health Care?" Worksheet
11. Complete Red Cross Disaster Prep Form
12. Exit card (hard copy)