

MECHANICS IN THE COVID-19 SNAKES AND LADDERS GAME



MATERIALS:

- Snakes and Ladders tarpaulin
- Big box/ dice or any other alternative materials
- Smileys printed on thick paper boards
- Answer Keys



HOW TO PLAY "SNAKE AND LADDERS: MY RIGHTS AND COVID-19"

(This can be played by two but not more than six players.)

1. Each player shall position themselves around the tarpaulin board. Each player would have to decide who shall go first, then second, then third, and so on.
2. The first player would put his smiley board at the "Start Here" (box number 1) then throws the dice and starts moving from box number 2.
3. Each player will stop on the box that has a question which he needs to answer. Everybody should agree on the answers that will be given by the player being asked. If the answer is right, he will continue moving the smiley according to what direction is stated in the Answer Key. If the answer is incorrect, he has to go one box backward.
4. Each player should follow the directions on the box where he stops. The facilitator shall be the one to check what are the next steps to do.
5. If the player stops on a box with a picture, he should explain or give the meaning of what he sees in the picture. The player who cannot give the correct interpretation or meaning of the picture shall be asked to move back to his former position.
6. If the player stops on a box with a ladder, he will move his smiley towards the direction where the ladder points to, if he is able to answer correctly the question. However, if his answer is incorrect, he will have to stay on the box where he was earlier positioned.
7. A player who stops on the box where there is the snake, he will slide back to the box where the tail points to if he is not able to answer correctly the question. If he is able to answer correctly, then he can stay on the box and waits his turn for the next move.
8. In the event that a player gets a number which will exceed to the number 25 box, he has to go back based on the number that he gets.
9. The winner shall be the player who will perfectly land on Congratulations Box (number 25).



1. LET'S START!!

Note: This game can be arranged according to the context of the place or group.

Answer Keys:
(These are the suggested answers to the questions. However, it would still be the discretion of the players and facilitators on what answers they would accept in consideration of their own contexts and acceptance)

2. WHAT IS CORONAVIRUS?

Coronavirus comes from a virus family with symptoms of ordinary colds extending to more serious ailments which include Middle East Respiratory Syndrome (MERS) and severe acute respiratory syndrome (SARS). 2019 Novel Coronavirus is a new strain of coronavirus that has never been experienced by humans before.

3. WHAT ARE THE SYMPTOMS OF CORONAVIRUS?

The most common symptoms of coronavirus are fever, coughs and colds, difficulty and shortening of breath and other respiratory illnesses. In severe cases, it may cause pneumonia, acute respiratory syndrome or even death.

4. WHAT ARE THE EXAMPLES OF CHILDREN'S RIGHTS TO PROTECT THEM FROM THIS VIRUS?

See the handout (Guide on International Children's Rights) for the guide in answering the questions.

5. HOW IS CORONAVIRUS TRANSMITTED?

COVID-19 is transmitted to other individuals through "Droplet Transmission" or the inhalation of saliva droplets from an infected person - like spraying water into the air. The droplets coming from the expelled air from coughing or sneezing may contain the virus. This can, in effect, infect the person next to him/her.

6. WHAT EXAMPLES OF CHILDREN'S RIGHTS ARE AFFECTED BY THE COVID-19 PANDEMIC?

Each player will give an example based on what they see or have experienced as affected by the pandemic on people's rights, especially children. Answers may vary depending on the setting or context of their areas. (Guide on International Children's Rights can be used as a reference).

7. DO THE DIRECTIONS AS STATED IN THE BOX.

Refer to the hand-out. (Refer to the Guide on International Children's Rights for answers)

8. WHO IS KIRA?

KIRA (Kaluwang na Impormasyon para sa Responsableng Aksyon) is an anti-COVID Bot - "Our Fellowmen are our Responsibility." KIRA will be helpful in knowing if you are at risk for COVID-19, and will offer information on how to combat COVID-19 and the guidelines in performing quarantine.

9. EXAMPLES OF CHILDREN'S RIGHTS AMONG PARTICIPANTS

Refer to the hand-out. (Refer to the Guide on International Children's Rights for answers)

10. IS THERE A CURE FOR COVID-19

There is still no cure or vaccine against COVID-19. Supportive care once symptoms are observed should be done for persons with COVID-19

11. DO THE DIRECTIONS AS STATED IN THE BOX

The participant will read aloud the Questions and Answers. He/She must follow what is indicated in the directions.

12. WHAT IS "HOME QUARANTINE"

Home Quarantine is a voluntary isolation inside the homes within 14 days after a patient's exposure to a COVID affected areas to avoid the spread of the virus.

13. EXAMPLES OF CHILDREN'S RIGHTS TO LIVE

Refer to the hand-out. (Refer to the Guide on International Children's Rights for answers)

14. HOW TO AVOID BEING INFECTED WITH CORONAVIRUS

1. Make sure to do regular handwashing with soap and flowing water
2. Avoid having physical contact with animals
3. Cover the mouth and nose when coughing or sneezing
4. Drink plenty of water and make sure that foods are well cooked
5. Do at least one-meter social distancing of people with the virus inside the household, if it cannot be avoided
6. Seek medical attention once there are symptoms present

15. FEVER, COUGHS AND DIFFICULTY OF BREATHING ARE EXPERIENCED BY MY GRANDMOTHER WHO CAME FROM MANILA. WHAT SHOULD BE DONE?

1. Isolate the grandmother at make sure that preventive measures are done (handwashing, right ways of coughing, wearing of face masks)
2. Call the doctor and notify of her condition before proceeding to a clinic or hospital

16. WHAT IS ISOLATION?

Isolation is the separation of a sick person infected with a contagious disease. They can be confined in a isolated room in a hospital in order to limit the spread of the disease. The hospital staff should be in proper Personal Protective Equipment or PPE (masks, gown, goggles) while carrying out their duties, as recommended to ensure infection prevention and control.

17. EXAMPLES OF CHILDREN'S RIGHTS FOR SELF-DEVELOPMENT

Refer to the hand-out. (Refer to the Guide on International Children's Rights for answers)

18. DO THE DIRECTIONS AS STATED IN THE BOX

The participant will read aloud the Questions and Answers. He/She must follow what is indicated in the directions

19. HOW TO MANAGE PEOPLE WHO ARE UNDER HOME QUARANTINE

1. Wear masks at all times especially if there are other people around
2. Avoid handshaking, kissing, and hugging with anyone
3. Avoid sharing of personal things like towels, toothbrush, drinking glasses, utensils, etc.
4. Avoid close contact with children, senior citizens or people with low immune systems
5. Make sure that all areas which are commonly used (like doorknobs, cellphones, table tops and bathroom things) are sanitized and clean at all times

20. WHEN ARE SURGICAL FACE MASKS NEEDED?

1. If the person has symptoms of COVID-19
2. If there is a patient who has symptoms of COVID-19
3. If you are a health worker who attends to patients with respiratory ailments

There is no need to wear surgical face masks in public places where there are no symptomatic people present. However, the use of surgical face mask alone is not sufficient. Other preventive measures should still be done.

21. WHAT IS THE PROPER WAY OF COUGHING?

1. Cover the nose and mouth with tissue or the sleeves of your clothes or the elbow when sneezing or coughing
2. Stay away from people when sneezing or coughing
3. Avoid spitting indiscriminately
4. Dispose of tissue papers in the proper bins
5. Always do handwashing with soap and flowing water after sneezing or coughing
6. Always use hand sanitizers and alcohol

22. AS A CHILD/PARENT OR CITIZEN, HOW CAN I HELP DURING THESE PANDEMIC TIMES?

Each participant can give an example based on what they have done to help during the times of pandemic like following the government healthy protocols, sharing of significant information regarding COVID-19 by the DOH or WHO, and others. Answers to this question may vary depending on the context of the environment or the capabilities of the individual.

23. WHAT IS THE MOST EFFECTIVE PROTECTION AGAINST COVID-19?

The most effective protection against COVID-19 is handwashing using soap and running water also wearing mask and maintain social distancing.

24. WHERE AND HOW DO YOU ENSURE THAT YOU ARE GETTING THE RIGHT INFORMATION REGARDING COVID-19?

The public can get the right information regarding COVID-19 from official press releases of the Department of Health (DOH), website, and social media platforms. Be careful with FAKE NEWS that are being released online and make sure to verify sources of information.

Remember "NCOV":
Never share unverified news/articles
Check your sources before sharing
Only source information from DOH Official Channels and WHO
Verify news information at www.doh.gov.ph/2019-nCoV

25. CONGRATULATIONS! YOU HAVE SUCCESSFULLY DEFEATED COVID-19