

PEMBELAJARAN BAHASA INGGRIS BERBASIS MITIGASI BENCANA COVID-19



**ENGLISH EDUCATION DEPARTEMENT
FACULTY OF TARBIYAH AND TEACHER TRAINING
INSTITUT AGAMA ISLAM NEGERI (IAIN) BUKITTINGGI**

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Alhamdulillahirabbil'alamin, in the name of Allah SWT, the most gracious and the most merciful, who always give health and all the things to the authors in accomplishing this module entitled "Covid-19 mitigation" and then, salutation and solvation to the most honorable prophet, Muhammad SAW peace be upon him.

The module is impossible to be finished without helps and supports from many important people, so that the authors would like to express the sincere gratitude and great thanks to all help, support, advice, suggestion, and input for the development of this module. Hopefully this module is able to aid students in learning the covid-19 mitigation better.

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CHAPTER OVERVIEW

CHAPTER 1
HANDWASHING

Protect yourself and others from getting sick

WASH YOUR HANDS

Source: <https://www.who.int/indonesia/news/2020/03/2020-03-16-graphic-hand-hygiene>

Learning Objectives
After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 through handwashing.
- determine the simple present tense.
- determine to answer the questions of reading text, grammar and writing ability

Poster illustrates the list of covid-19 mitigation.

Learning objectives provide clear goals for instruction

Reading comprehension sections introduces students to covid-19 mitigation. Students evaluate the understanding with answering the question in 30 minutes.

A. READING COMPREHENSION
Read the following text and answer the following questions in 30 minutes.

Handwashing an effective tool to prevent COVID-19

Handwashing with soap remains one of our best defenses against the virus, along with other public health measures such as maintaining physical distance, avoiding crowded places, practicing cough etiquette and wearing a mask wherever recommended. Global Handwashing Day observed annually on October 15 to raise awareness and highlight the importance of handwashing as an effective means of disease prevention – this year marks a critical reminder for the world and the Region that this simple, cost-effective practice can save lives.

‘Handwashing has always been one of most effective ways of keeping diseases at bay. It is a simple act that pays dividends when it comes to keeping ourselves healthy and safe. Handwashing is also one of the key cornerstones of COVID-19 prevention,’ said Dr Boonsum Khutragal Singh, Regional Director, WHO South-East Asia Region.

With COVID-19 transmission mainly spreading between people through direct, indirect (through contaminated objects or surfaces), or close contact with infected people via mouth and nose secretions, washing hands with soap and running water is of critical importance. To stop the spread of COVID-19, along with other COVID appropriate behaviors, the practice of handwashing at regular intervals is a must, after coughing or sneezing, when caring for the sick, after using the toilet, before eating, while preparing food and after handling animals or animal waste. Handwashing after touching common surfaces such as doorknobs or handles, or after one comes back home from visiting a public place will keep ourselves and others around us safe.

Adapted: <https://www.who.int>

measures = <i>ukuran</i>	diseases = <i>penyakit</i>
crowded = <i>padat</i>	spreading = <i>penyebaran</i>
awareness = <i>kesadaran</i>	behaviors = <i>tingkah laku</i>

Answer the following questions.

- a. What are the best defenses against the virus?
- b. When do we celebrate Global Handwashing Day?
- c. What is the importance of handwashing?
- d. What kind of activity that pushes us to do handwashing at regular intervals?
- e. Do we need to wash our hand in the public place? What is your reason.

B. SIMPLE PRESENT TENSE

The simple present expresses events or situations that exist always, usually, habitually. For example: I study for two hours on the latest issues on covid-19 pandemic every night. The situation of simple present tense exists now, have existed in the past, and probably will exist in the future. It expresses general statements of fact and timeless truths. For example: The virus spreads the disease. The formulation is "S V (present) O C" and to be : is/am/are + adjective. S is as subject, V is as verb, O is as object and C as complement.

Grammar Used Tasks:

1. Read the previous text and identify the verbs on simple present tense. Put the sentences into following tables in 10 minutes.

No	Verb	Sentences

2. Use the correct simple present of verb in parantheses in 20 minutes.

- a. Diane (wash) _____ her hand after visiting a public place.
- b. Karly (sit, usually) _____ in the front row during the mitigation class.
- c. Sanitation inventions (to be) _____ part of development of handwashing.
- d. My brother (clean) _____ his hand with soap and water to remove viruses and unwanted substances stuck to the hand.
- e. Making hand washing facilities accessible to everyone (to be) _____ crucial to maintain handwashing behavior.
- f. WHO (recommend) _____ washing hands for at least 20 seconds before and after certain activities.
- g. Handwashing with soap (to be) _____ one of our best defenses against the virus.

Grammar section provides the understanding of technique of developing sentences in any kind of situation from simple to complex

Grammar used task sections aims to write the list of sentences related to the grammar on the chapter. Students should find it in 10 sentences.

Grammar used task exercise on some sentences provide students on the understanding of the grammar in 20 minutes.

Writing section determines the student ability in the used of grammar in sentences.

- h. According to UNECEF, turning handwashing with soap before eating into a habit (save) _____ more lives than any single vaccine or medical invention.
- i. Several companies around the globe (develop) _____ technologies to improve handwashing process.
- j. Effective drying of the hand (to be) _____ an essential part of the handwashing process.

3. Write several sentences about your understanding handwashing practice in the public place in 20 minutes! Make sure to use the correct structure of simple present tense.

CHAPTER 1
HANDWASHING



Source: <https://www.who.int/indonesia/news/novel-coronavirus/new-infographics/hand-hygiene>

Learning Objectives

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- determine the simple present tense.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

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Handwashing with soap remains one of our best defenses against the virus, along with other public health measures such as maintaining physical distance, avoiding crowded places, practicing cough etiquette and wearing a mask wherever recommended. Global Handwashing Day observed annually on October 15 to raise awareness and highlight the importance of handwashing as an effective means of disease prevention – this year marks a critical reminder for the world and the Region that this simple, cost-effective practice can save lives.

‘Handwashing has always been one of most effective ways of keeping diseases at bay. It is a simple act that pays in dividends when it comes to keeping ourselves healthy and safe. Handwashing is also one of the key cornerstones of COVID-19 prevention.’ said Dr Poonam

Khetrupal Singh, Regional Director, WHO South-East Asia Region.

With COVID-19 transmission mainly spreading between people through direct, indirect (through contaminated objects or surfaces), or close contact with infected people via mouth and nose secretions, washing hands with soap and running water is of critical importance. To stop the spread of COVID-19, along with other COVID appropriate behaviors, the practice of handwashing at regular intervals is a must, after coughing or sneezing, when caring for the sick, after using the toilet, before eating, while preparing food and after handling animals or animal waste. Handwashing after touching common surfaces such as doorknobs or handles, or after one comes back home from visiting a public place will keep ourselves and others around us safe.

Adopted: <https://www.who.int>

measures = *ukuran*

crowded = *penuh*

awareness = *kepedulian*

diseases = *penyakit*

spreading = *penyebaran*

behaviors = *tingkah laku*

Answer the following questions.

- What are the best defenses against the virus?
- When do we celebrate Global Handwashing Day?
- What is the importance of handwashing?
- What kind of activity that pushes us to do handwashing at regular intervals?
- Do we need to wash our hand in the public place? What is your reason

B. SIMPLE PRESENT TENSE

The simple present expresses events or situations that exist always, usually, habitually. For example: I study for two hours on the latest issues on covid-19 pandemic every night. The situation of simple present tense exists now, have existed in the past, and probably will exist in the future. It expresses general statements of fact and timeless truths. For example: The virus spreads the disease. **The formulation is “S V (present) O C” and to be : is/am/are + adjective.** S is as subject, V is as verb, O is as object and C is as complement.

Grammar Used Tasks

1. Read the previous text and identify the verbs on simple present tense. Put the sentences into following tables.

No	Verb	Sentences

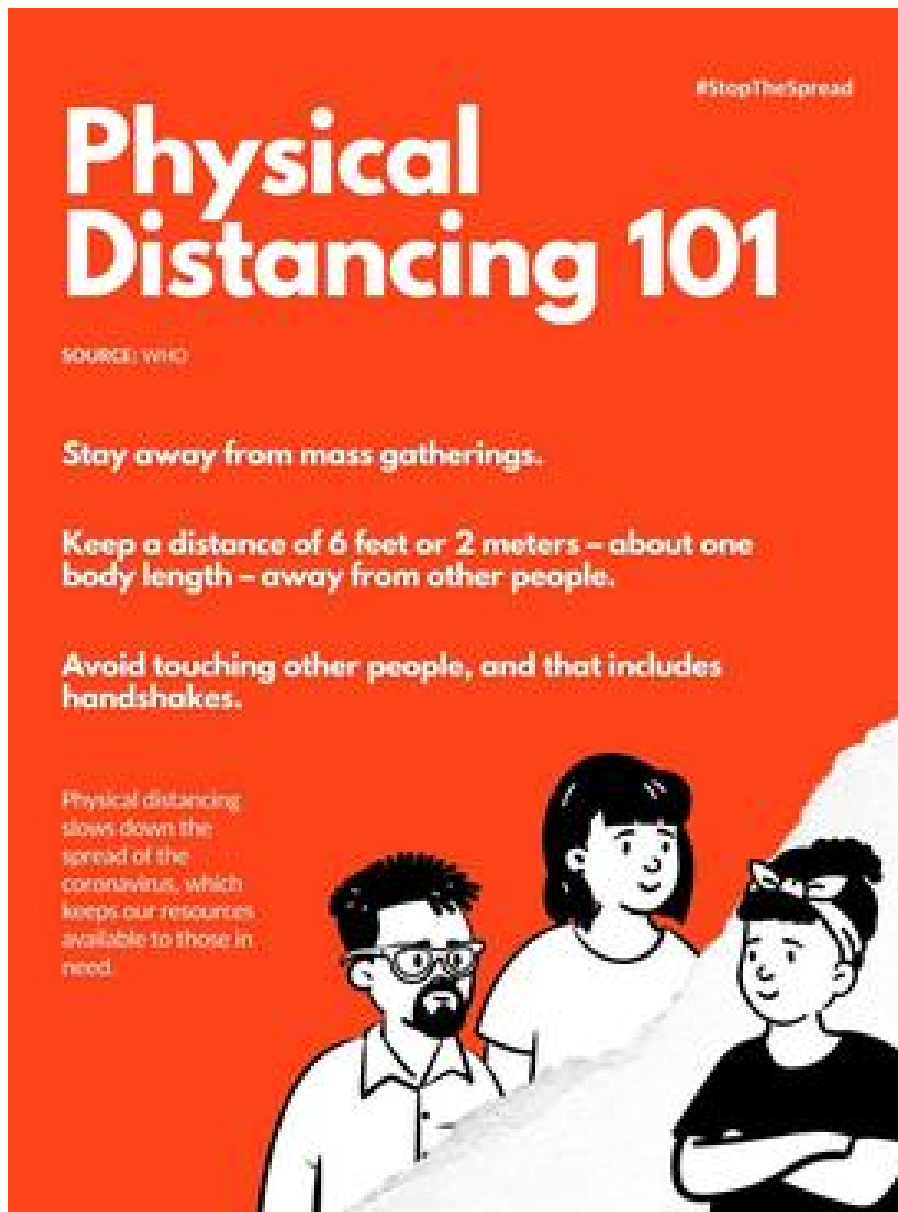
2. Use the correct simple present of verb in parantheses.

- a. Diane (wash) _____ her hand after visiting a public place.
- b. Kathy (sit, usually) _____ in the front row during the mitigation class.
- c. Sanitation inventions (to be) _____ part of development of handwashing.
- d. My brother (clean) _____ his hand with soap and water to remove viruses and unwanted substances stuck to the hand.
- e. Making hand washing facilities accessible to everyone (to be) _____ crucial to maintain handwashing behavior.
- f. WHO (recommend) _____ washing hands for at least 20 seconds before and after certain activities.
- g. Handwashing with soap (to be) _____ one of our best defenses against the virus.

- h. According to UNECEF, turning handwashing with soap before eating into a habit (save) _____ more lives than any single vaccine or medical invention.
- i. Several companies around the globe (develop) _____ technologies to improve handwashing process.
- j. Effective drying of the hand (to be) _____ an essential part of the handwashing process.

3. Write several sentences about your understanding handwashing practice in the public place! Make sure to use the correct structure of simple present tense.

CHAPTER 2
PHYSICAL DISTANCING



Source: <https://www.canva.com/templates/EAD8MmakQEE-red-and-white-coronavirus-physical-distancing-101-poster/>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 by doing physical distancing.
- determine the present continuous tense.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the following questions.

Effects of Physical Distancing Measures

The COVID-19 pandemic poses an extraordinary challenge to the world, our societies, health care systems, and economies. Currently the virus has been confirmed in more than 200 countries and territories. In this context, many countries are using physical distancing policies (from school closures to travel restrictions or full lockdowns) as tools to reduce disease spread, looking to avoid (or flatten) the curves of cases and deaths, seen already in so many countries.

While there is an obvious relation between reduced social contacts and the speed at which the disease spreads there is little knowledge and a general lack of tools to understand the secondary effects of the containment measures. In this unprecedented situation there is a clear need for real time information. However, to leverage the full potential of Data Science, Big Data, Complex Systems Theory, Epidemic Modeling, and Computational Social Science requires joint efforts between scientific institutions, governments, and international organizations. It is central to provide evidence and tools that allow for timely action, and for identifying the needs of the most vulnerable, in order to balance the

severity of containment measures while mitigating the socioeconomic impacts that this pandemic will surely have.

Through data and data science partnerships with private sector companies and leading research groups, Magic Box — UNICEF's big data initiative — is working to provide data, tools and insights that allow timely monitoring of physical distancing, evidence on the suitability and sustainability of mobility reductions for low income settings, and better models that allow a better understanding and balancing of the potential impact of these measures on the disease as well as on the underlying communities.

We're currently producing insights for 10 UNICEF programme countries: Colombia, Cote d'Ivoire, India, Indonesia, Malaysia, Myanmar, Mozambique, Mexico, Nigeria, and Ukraine. We're working with partners all over the world to increase data and analytical capacity and forming collaborations with leading research groups and private sector companies to help fight this disease.

Adopted: <https://www.unicef.org>

policies = *kebijakan*
knowledge = *ilmu pengetahuan*
provide = *menyediakan*

evidence = *bukti*
companies = *perusahaan*
research = *penelitian*

Are the sentences true or false? Correct the false sentences.

- Doing an online class is one of the ways to do physical distancing. (T/F)
- Physical distancing policies can increase disease spread in many countries. (T/F)
- We do not need to know information about Covid-19 in real time. (T/F)

- d. Scientific institutions, governments, and international organizations must work together to provide evidence and tools that allow for timely action. (T/F)
- e. There are many benefits from the recent data of covid-19. (T/F)

B. PRESENT CONTINUES TENSE

The present continues tense expresses an activity that is in progress at the moment of speaking. It is a temporary activity that began in the past, is continuing at present, and will probably end at some point in the future. For example: Adam and Amar are sitting at their desks right now to get the vaccine. Often the activity is of a general nature: something generally in progress this week, this month, this year. For example: I am taking five kinds of medical checkup this year.

Grammar Used Task

- 1. Read the previous text and identify the verbs on present continuous tense. Put the sentences into following tables.**

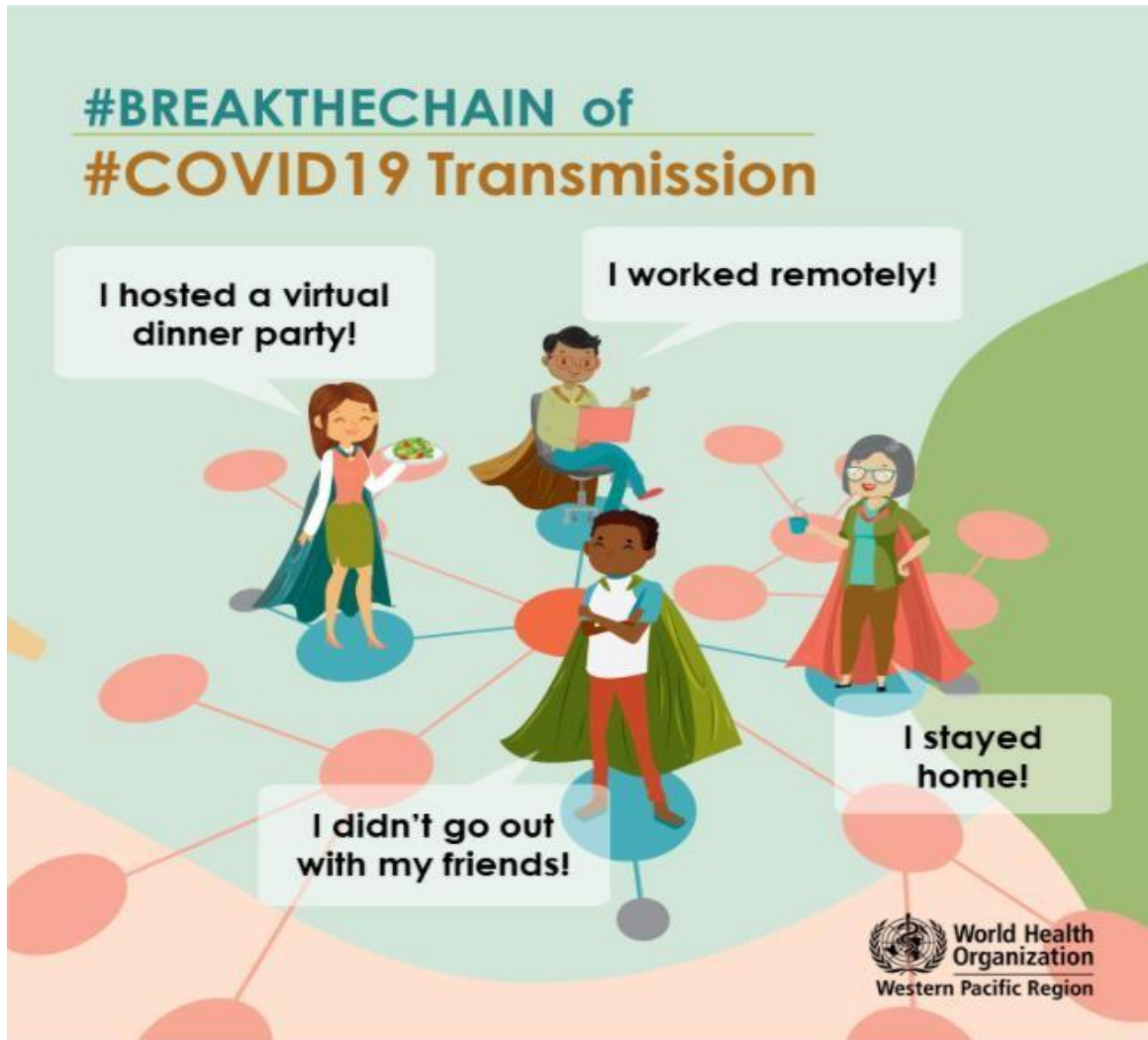
No	Verb	Sentences

- 2. Use either simple present or the present progressive of verb in parantheses.**
- a. Anna can't leave her house because she (do) _____ self-quarantine.
 - b. Alre (meditate) _____ at home during COVID-19.
 - c. My sister (sit, usually) _____ in front row during mitigation class, but today she (sit) _____ in the last row.
 - d. Please be quiet. I (try) _____ to read the COVID-19 news in my social media.
 - e. (you, lock, always) _____ the door to your apartment when you leave?
 - f. I wrote to my friend last week about my recent condition after COVID-19. She hasn't answered my letter yet. I (wait, still) _____ for a reply.
 - g. After six days of rain, I'm glad that the sun (shine) _____ again today so that I can sunbathe in the morning.

- h. Every morning, the sun (shine) _____ in my hospital bedroom window and (wake) _____ me up.
- i. A : Look! It (rain) _____.
B : It's cool. This is the first time I've ever seen rain since lockdown.
- j. A : Close your eyes. Now listen carefully. What (I, do) _____ ?
B : You (disinfect) _____ the top surfaces of your desk.
A : Right!

3. Write several sentences about your understanding the ways to protect yourself and others ! Make sure to use the correct structure of simple present continuous tense.

CHAPTER 3
STUDY FROM HOME



Sources: <https://www.who.int/westernpacific/emergencies/covid-19/information/physical-distancing>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 through social distancing by studying from home.
- determine the simple past tense.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the following questions.

STUDY FROM HOME DURING CORONAVIRUS SPREAD

At the beginning of March 2020, COVID-19 started to spread in Jakarta. Within a few days, the contagion started to reach other cities around Jakarta and several other places across Indonesia. With this condition, the government issued a warning and instructed all schools and universities to call off all activities at school and replace it with online learning instead. As the result, I have been studying at home ever since.

The study from home method was first implemented on March 16th. The online classroom was not ready at that moment. Mr. Rudi, my homeroom teacher, instructed my class leader to create a WhatsApp group for our class. When my class leader had created the group, he added all contacts of our class members and also Mr. Rudi into the group. After that, Mr. Rudi told us that we had an assignment from Miss Caca, our Biology teacher, to make a summary about virus and send it to her email when we have done it.

My friends and I started working on Miss Caca's assignment from 10 a.m in the morning. The assignment was quite challenging without Miss Caca's presence, because we couldn't discuss it with her right away every time we stumbled upon some technical terms that we have never heard before. It felt even more challenging to do the assignment alone by our self at home. We then decided to have online discussion by using WhatsApp group call. Finally, we managed to finish the assignment at 2 p.m. and sent it right away to Miss Caca.

That was my experience of studying at home during this Coronavirus outbreak. The activities was fun because my friend and I get to experience new way of learning and I personally think that it is good for student like us to use these kind of technologies in our learning process. But, I miss my friends so much, so I hope this outbreak ends soon.

Adobted: <http://www.bigbanktheories.com>

Contagion = *terkontaminasi*

Replace = *menggantikan*

Leader = *pemimpin*

summary = *kesimpulan*

assignment = *latihan*

experience = *pengalaman*

Answer the following questions.

1. What was the government regulation to overcome COVID-19 in the schools and universities?
2. When was the first implementation on that regulation?
3. What was the first assignment of the author?
4. Did the author have any difficulties on the first assignment? Explain your answer.
5. What was the author opinion about the experience of studying at home during the Coronavirus outbreak?

B. SIMPLE PAST TENSE

The simple past indicates that an activity or situation began and ended at a particular time in the past. For example: I went to the hospital yesterday. If a sentence contains when and has the simple past in both clauses, the action in the when clause happens first. For example: Rita stood under a tree when it began to rain. In 1st: The rain began. 2nd: She stood under a tree. The formulation is **S Vpast O C and tobe : was/were**

Grammar Used Task

1. Read the previous text and identify the verbs on simple past tense. Put the sentences into following tables.

No	Verb	Sentences

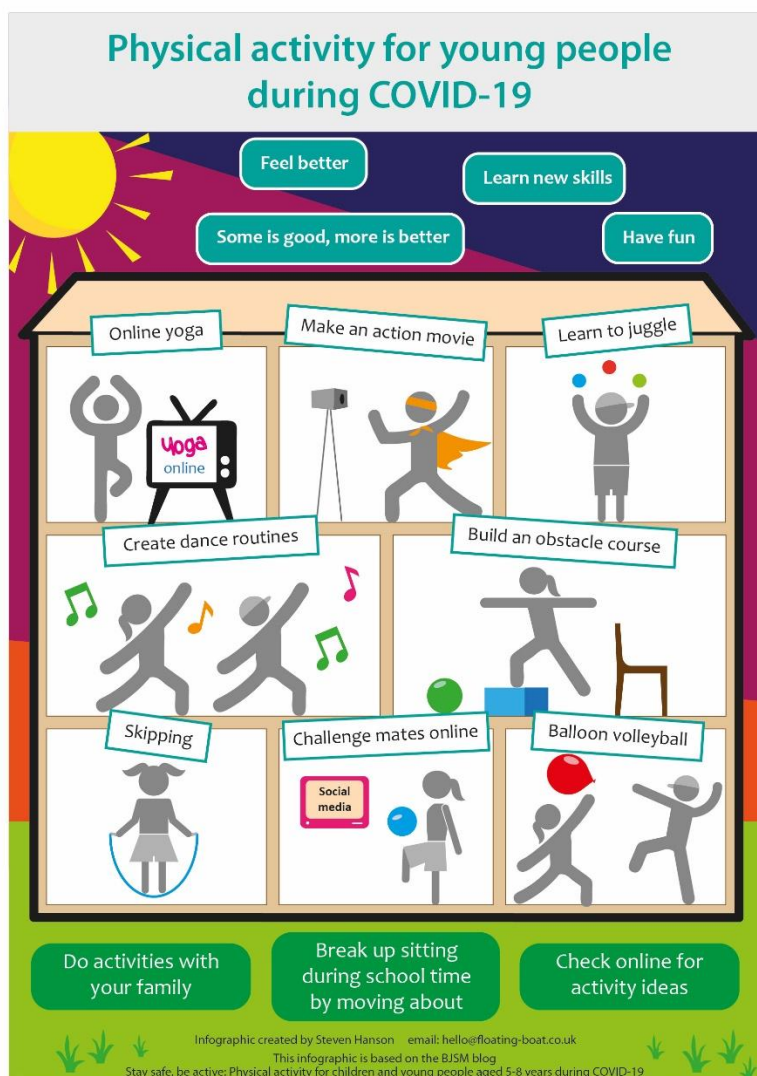
- 2) Complete the sentences. Use simple present or simple past.

- It often _____ in the morning. It _____ yesterday on my first day of school from home. (rain)
- I _____ my hands frequently every morning. I _____ my hands yesterday morning. (clean)
- Anna often _____ questions on the online class. She _____ a question in the online class yesterday. (ask)
- I _____ a movie about pandemic as homework last night. I usually _____ a movie in the evening because I want to improve my English through a movie. (watch)
- Mr.Rudi _____ her own dinner yesterday evening. He _____ her own dinner every evening in order to avoid eating out in crowded places. (cook)

3) Write several sentences about your experience in your first day at online class this semester! Make sure to use the correct structure of simple past tense

CHAPTER 4

YOUTH ACTIVITIES AND HOBBIES



Source: <https://blogs.bmj.com/bjism/2020/04/13/physical-activity-for-children-and-young-people-aged-5-18-years-during-covid-19-stay-safe-be-active/>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to spend a free time during COVID-19 with some activities and hobbies.
- determine the present perfect tense.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the following questions.

YOUTH ACTIVITIES AND HOBBIES: BEFORE AND DURING THE PANDEMIC

As the COVID-19 pandemic has impacted everyone's lives in the past year, we've seen interesting trends for youth and how they're spending their free time. With the lack of in-person activities and events, youth are spending less time in organized after-school sports and clubs, and more time engaged in individual pursuits such as gaming, playing an instrument, and knitting. Families have spent more time together, leading to an increased playing of board games, putting together puzzles, working on home improvement projects, and being creative with arts and crafts.

Comparing YouthBeat data from 2020 and 2019, we can see the impact of stay-at-home restrictions and new safety precautions on youth. As expected, we have a decrease in sports and after-school clubs (though youth aren't meeting as much in person, they still identify as part of the team and are meeting

virtually with other club members), a decrease in going out to eat, seeing friends, and even reading for pleasure. On the other hand, youth are more likely to watch a movie on a weeknight in 2020 versus 2019. We also see a jump in free-time and youth's ability to get enough sleep at night.

In January 2021, we asked our YouthBeat panelists how they engaged with their interests before the COVID-19 pandemic and how they might have changed over the past year. Sports were the top mention for activities youth used to participate in more in the past, while gaming is still a top way to spend their time. Many kids, tweens, and teens have found new interests to bring them joy including cooking, swimming, and journaling. Young people are looking forward to rejoining the in-person enterprises they used to do while maintaining interest in their new hobbies and pastimes.

Adobted: <https://www.crrresearch.com/youthbeat/blog/youth-activities-hobbies-during-pandemic>

Youth = remaja

Lack = keterbatasan

Precautions = tindakan pencegahan

decrease = menurunkan

interests = ketertarikan

enterprises = perusahaan

Answer the following questions.

1. What is the trend of youth to spend the free time during COVID-19 pandemic?
2. What kind of activity that individual can do during COVID-19 pandemic?
3. What can family do to spend more time together during COVID-19 pandemic?
4. What are the impact of stay-at-home restrictions and new safety precautions on youth?
5. What is the new trend of interests for youth to spend the free time during COVID-19 pandemic?

B. PRESENT PERFECT TENSE

The present perfect express the idea that something happened (or never happened) before, now, at an unspecified time in the past. The exact time it happened is not important. Note: the adverb ever, never, already, yet, still, and just are frequently used in present perfect. For example: They have moved into a new room in the hospital. The present perfect also expresses the repetition of an activity before now. For example: We have had four tests so far this semester. The present perfect, when used with for or since, also expresses a situation that began in the past and continues to the present. For example: I have known him for many years. The formulation is “ S Have V 3 O C

Grammar Used Task

- 1) Read the previous text and identify the verbs on present perfect tense. Put the sentences into following tables.

No	Verb	Sentences

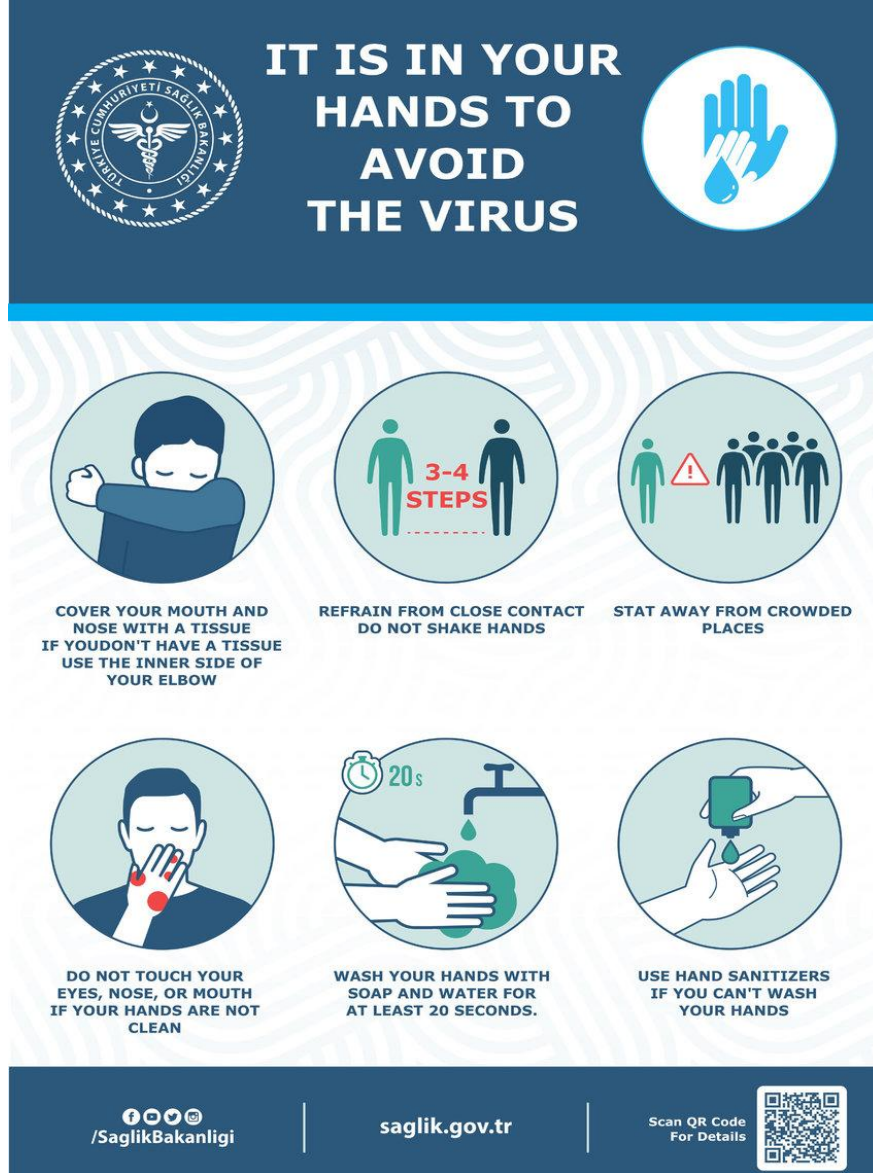
- 2) Complete the sentences. Use the simple past or the present perfect. In some sentences, either tense is possible but the meaning is different.
- I (attend, not) _____ any community gathering since I came here.
 - Al (go) _____ to a meeting virtually with other club members last Saturday night.
 - Bill (arrive) _____ here three days ago.
 - Bill (arrive) _____ here since the 22nd.
 - Try not to be absent from online class again for the rest of the term. You (miss, already) _____ too many classes. You (miss) _____ two online classes just last week.
 - So far this week, I (have) _____ two tests and a quiz on online English class.

- g. Alex is an artist with creative arts and crafts. He (draw) _____ many beautiful pictures in his lifetime. Last week in his quarantine, he (draw) _____ a beautiful mountain scene.
- h. Anna really needs to get in touch with you. Since this morning, he (call) _____ here four times trying to reach you. He (call) _____ at 9:10, 10:25, 12:15, and 1:45.
- i. Janet (wear) _____ her new blue dress only once since she bought it. She (wear) _____ it to the family gathering on board games last month.
- j. The night has ended, and it's daylight now. The sun (rise) _____. It (rise) _____ at 6:08.

3) Write several sentences about your activity for free time during COVID-19 pandemic. Do you have a new interest to spend your free time during COVID-19 pandemic? Try to use the correct structure of present perfect tense.

CHAPTER 5

FIGHT THE RISING NUMBER OF COVID-19 CASES



Source: https://www.researchgate.net/figure/Poster-regarding-important-prevention-measures-for-COVID-19-prepared-by-Turkish-Ministry_fig1_340679487

Learning Objectives

After you have completed this module, you should be able to:

- determine the urgent way fight the rising number of COVID-19 cases.
- determine the degree of comparison.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the following questions.

5 Things You Should Do Right Now to Fight the Rising Number of Covid-19 Cases

The increase of COVID-19 cases across the country calls for quick action. Sure, you and your family are exhausted from distancing, you miss your loved ones and you want to get back to your support groups. But the corona virus, which causes COVID-19, does not stop just because we are tired. In the absence of clear, consistent directions from the federal government, it is more important than ever that people pay attention to the medical and public health facts.

As an infectious disease epidemiologist from Arizona, one of the current U.S. hotspots, here are five things I urge you to do right now:

1. Wear a mask. The World Health Organization recommends that when wearing a mask, medical-grade masks should be worn by people age 60 and over or with health issues. General public should wear a triple-layer cloth covering because it is better than normal mask. Children under 2 should not wear a mask.

2. Physically distance. Avoid crowded spaces. If you want to visit friends or family, you must still wear a mask – and keep six feet apart.
3. Wash your filthy hands. Hand-washing is critically important. And yes, hand-washing is better than sanitizer because the soap and water mechanically rid your hands of germs. That said, I keep a small bottle of hand sanitizer in my car and wipes for after shopping.
4. Plan ahead in case you or someone in your household gets sick.
5. Maintain awareness of the situation in your community.

This is a time of uncertainty and anxiety for all of us. We desperately want to get back to normal, but it just isn't possible yet. So find time each day to take care of your mental health. Take a walk, talk to a friend, read a book, snuggle with a pet, meditate, reach out to others who may need your help, while still social distancing, and advocate for our most vulnerable populations. Your life and those of your loved ones depend upon following public health guidelines.

Adobted: <https://theconversation.com/5-things-you-should-do-right-now-to-fight-the-rising-number-of-covid-19-cases-141359>

Infectious = *penularan*
Physically = *fisik*
Sanitizer = *pembersih*

germs = *kuman*
uncertainty = *ketidakpastian*
anxiety = *kecemasan*

Answer the following questions.

- a. What are five things to do right now in order to fight the rising number of covid-19 cases?
- b. What kind of mask do you prefer to wear?
- c. Do we have any requirement of age to wear the mask? Explain your answer!
- d. Do we need to do physical distancing when we are wearing mask? Explain your answer!
- e. What kind of activity can we do to take care of mental health?

B. DEGREE OF COMPARISON

When we use adjective to compare two people or two things, the adjectives have special forms: We add –er to an adjective, or We use more in front of an adjective. The use of –er or more is called the comparative form. For example: Mary is 25 years old. John is 20 years old. It means that Mary is older than John. Incorrect: Mary is more than John. Another Example: Health is more important than money. Incorrect: Health is important than money. Add –er to one-syllable adjectives. Example : older, Cheaper, and bigger. If an adjective ends in –y, change the –y to i and add –er. For example: prettier and funnier. Use more in front of adjectives that have two or more syllables (except adjectives that end in –y). For example: more famous, more important, and more interesting. The formulation is additional –er to an adjective, or we use more in front of an adjective. The comparative forms of good, bad, and far are irregular. For example: better, worse and father/further.

Grammar Used Task

1) **Read the previous text and identify the degree of comparison. Put the sentences into following tables.**

No	Degree of comparison	Sentences

2) **Complete these sentences with the comparative form of adjectives (↑=more; ↓=less)**

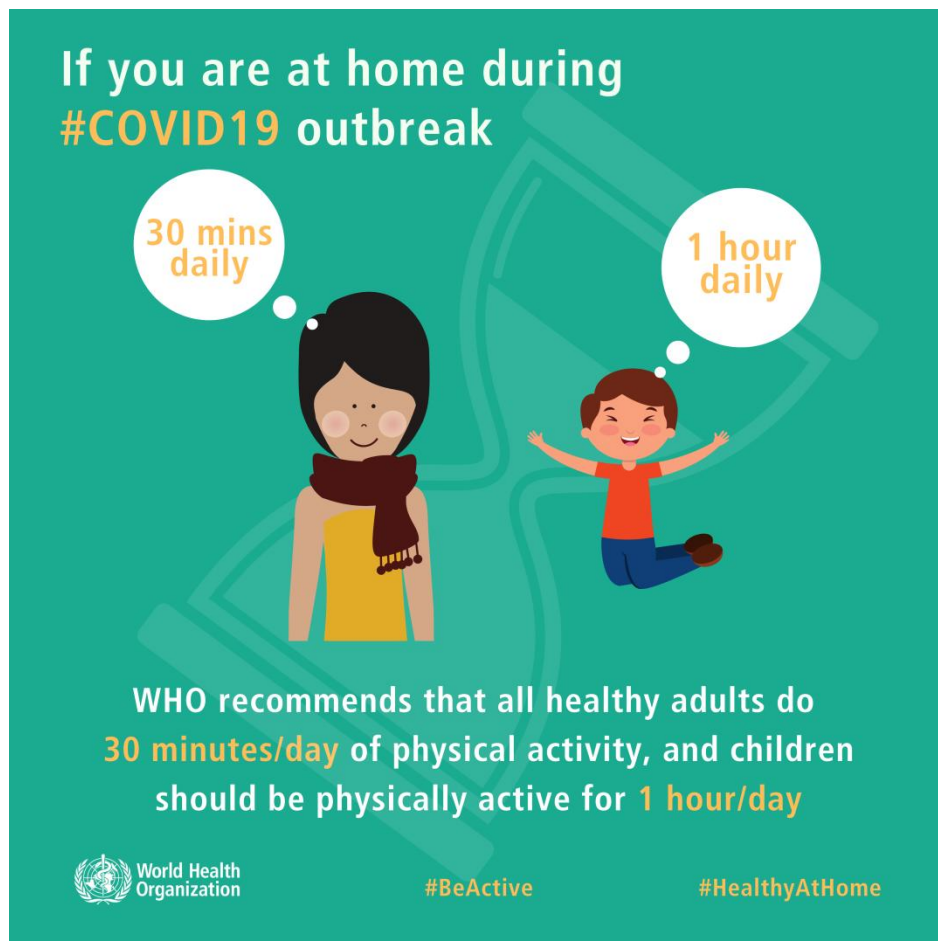
- a. The regular mask is _____ (↑cheap) than triple-layer mask.
- b. Walking is _____ (↑hard) to do than jogging in the morning to stay fit during pandemic.
- c. It's _____ (↓convenient) to conduct family gathering in zoom meeting than a Skype during COVID-19.
- d. E-mail is good, but instant messaging is _____ (↑good) to know the news from the friend during COVID-19.

- e. Webcam calls are _____ (↑nice) than phone calls in order to talk to a friend.
- f. Text message are _____ (↑fun) than phone calls to reach out to others.
- g. It's terrible to lose your cell phone, but it's _____ (↑bad) to lose your laptop.
- h. Cell-phones are _____ (↓expensive) than regular phone calls.
- i. I'm _____ (↑lazy) than my roommate to do meditation.
- j. This sanitizer is _____ (↑comfortable) than that sanitizer.

3) Write several sentences about your understanding the things to prevent COVID-19. Try to use the correct structure of degree of comparison!

CHAPTER 6

PHYSICAL ACTIVITY AND EXERCISE



Source: <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---physical-activity>

Learning Objectives

- After you have completed this module, you should be able to:
- determine the way to prevent COVID-19 through physical activity and exercise.
- determine the gerund.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the following questions.

Importance of Physical Activity and Exercise during the COVID-19 Pandemic

The benefits of physical activity and exercise have been demonstrated across the lifespan. We are meant to move and many of our body's systems work better when we are consistently physically active.

For managing symptoms of depression, some research suggests that elevated levels of aerobic activity (exercise that significantly raises our heart rates) may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity once or twice daily that includes brief periods (30-90 seconds) of greater intensity. For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups). For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful.

We recommend finding physical activities that you enjoy and to share your experience with others. At the same time, there is also evidence to suggest that exercise can be

helpful to mood even if the act of doing the exercise is not as enjoyable.

It is important for family members to take a supportive role in the promotion of physical activity and exercise. Allowing individuals to maintain their autonomy and choice in their activities will be important for ongoing engagement.

We are all managing additional stress related to the growth of the COVID-19 pandemic and its potential to threaten the health of ourselves, our families, and our communities. Please consider using physical activity and exercise as a strategy to maintain health during this stressful period.

Although many things feel beyond our control right now, we do have the ability to be creative and to build physical activity and exercise into each of our days. We may even look back on this difficult time as the turning point when we learned new ways to build our emotional resilience and our physical health.

Adapted: <https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19/your-lifestyle/importance-physical-activity-exercise-during-covid-19-pandemic>

equipment = *perlengkapan*
reductions = *pengurangan*
lifespan = *masa hidup*

growth = *pertumbuhan*
accomplished = *pencapaian*
equipment = *perlengkapan*

Answer the following questions.

- What is the benefit of consistent physically active?
- How many times can we do physical activity weekly? How many second can we take a brief periods to get greater intensity?
- What kind of exercise can we accomplish in the home?

- d. Make a list of home exercise equipment!
- e. What is the relationship between physical activity and stress?

B. GERUND

A gerund is the –ing form of a verb used as a noun, i.e., as a subject or as an object. Playing is a gerund. It is used as the subject of the sentence. Playing tennis is a gerund phrase. For example : Playing tennis is fun to release the stress during covid-19 pandemic. The formulation is **V-ing**. Playing is a gerund used as the object of the verb enjoy. For example: We enjoy playing tennis as our regular exercise during this pandemic. Playing is a gerund used as the object of the preposition about. For example: He is excited about playing tennis.

Grammar Used Task

1. Read the previous text and identify the gerund. Put the sentences into following tables.

No	Gerund	Sentences

2. Complete the sentences with any appropriate gerund.

- a. I enjoy _____ a long walk every morning.
- b. I have a lot of homework tonight, but I'd still like to go with you later on. I'll call you when I get through _____.
- c. Tony mentioned _____ the bus to school instead of walking.
- d. I spent five hours _____ my homework last night.
- e. A : What did you do yesterday?
B : I spent almost all day _____

3. Write several sentences about your physical activity and exercise during the COVID-19 pandemic. Try to use the correct structure of gerund!

CHAPTER 7

PROTECT YOURSELF FROM COVID-19



Source: <https://www.unicef.org/uganda/reports/coronavirus-covid-19-pictorial-poster>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19.
- determine the modal verbs.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the questions.

How to Protect Yourself from the Coronavirus

According to the Centers for Disease Control and Prevention (CDC), “The best way to prevent illness is to avoid being exposed to this virus.” As the vaccines continue their roll out, here are the simple steps you **can** take to help prevent the spread of COVID-19 and protect yourself and others.

The CDC notes that COVID-19 **can** spread by airborne transmission, although this is less common than close contact with a person. The CDC states that these viruses **may** be able to infect people who are further than 6 feet away from the person who is infected or after that person has left the space. It **may** be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this isn’t thought to be the main way the virus spreads.

The CDC recommends maintaining a distance of approximately 6 feet from others in public places. This distance **will** help you avoid direct contact with respiratory droplets produced by coughing or sneezing. In addition, studies have found that outdoor settings with enough space

to distance and good ventilation **will** reduce risk of exposure.

Face masks have become essential accessories in protecting yourself and others from contracting COVID-19. Dr. Ole Vielemeyer says that by wearing a mask that covers your mouth and nose, you **will** reduce the risk of serving as the source of disease spread by trapping your own droplets in the mask.

Traveling **can** increase the spread of COVID-19 and put you at risk for contracting the disease. The CDC recommends avoiding non-essential travel to many international destinations during the pandemic.

If you think you may have been exposed to a person with COVID-19 and have symptoms, call ahead to a doctor’s office to see if you can get tested. You **can** also use a virtual care platform, such as NewYork-Presbyterian’s NYP OnDemand, to meet with a healthcare professional by video conference. Avoid contact with others and wear a face mask if you need to leave your home when you are sick.

Adapted from: <https://healthmatters.nyp.org/how-to-protect-yourself-from-coronavirus-covid-19/>

Prevention = *pencegahan*
Airborne transmission = *penularan udara*
Maintaining = *menjaga*

Respiratory droplets = *tetes pernafasan*
Exposure = *paparan*
Symptoms = *gejala*

Answer these questions with complete sentences.

1. How the virus can spread to other people around us?
2. What is the major way to prevent the spread of COVID-19?
3. Is wearing a mask useful for protect yourself? If so, how does it help us?
4. Is it safe to go abroad during a pandemic? Why?
5. What will you do when you have symptoms of COVID-19?

B. MODAL VERBS

Kinds of basic modal verbs are can, may, must, will, shall, could, might, should etc. Modal **can** express ability. Modal **may** express possibility or probability. Then, modal **will** express for future plan or prediction and willingness. The simple form of modal verbs follows with **modal + infinitive verb**.

Grammar Used Tasks

1. Read the previous text and identify the modal verbs. Put the sentences into following tables.

No	Kinds of modals	Sentences

2. Choose True or False from these sentences.

- a. People who are sick and show symptoms *can* going to the nearby hospital. (T/F)
- b. Delay of implementation of protocols *will* increase the spread of COVID-19. (T/F)
- c. The virus *has to* taking social distancing and wearing of masks a critical way to keep safe. (T/F)
- d. All applicants *must* taking PCR test or antigen before class to prevent the spread of COVID-19. (T/F)
- e. Selena, you *must* use mask and wash your hand after you go outside during pandemic. (T/F)
- f. I'll be home a little late. I *should* take vaccine in the hospital after work. (T/F)
- g. Patients of COVID-19 *can* to leave the hospital without their doctor's permission. (T/F)

- h. You *must not* introduce me your doctor. We've already met. (T/F)
- i. Physical exercise *can* improve your mental state during quarantine at home. (T/F)
- j. You *can* learning the treatment of covid-19 symptom by asking to the doctor. (T/F)

3. Write several sentences about your understanding how to protect yourself and family from the Covid-19. Make sure to use the correct structure of modals verb.

CHAPTER 8

COUGH AND SNEEZING ETIQUETTE



Source: <https://sharedhealthmb.ca/covid19/providers/cough-etiquette-posters/>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 by cough and sneezing etiquette.
- determine the infinitives.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the questions.

The Art of Coughing and Sneezing

in the Age of COVID-19

Is it **possible to sneeze** or cough into your elbow when wearing a mask? Since the beginning of the global pandemic, coughing and sneezing in public can feel similar to taking your kid to the hairdressers when they've got nits. You're that person. People look, they glare, they judge, making you feel like some kind of pariah. While it's **impossible to stop** yourself from coughing or sneezing, there are ways of doing so that can limit the spread of covid-19, as well as all the other viruses doing the rounds this winter. Here's how to go about coughing and sneezing in the age of covid-19.

At best, that sneeze will have done nothing more than startle the person sitting opposite you, but at worst, tiny droplets will have been carried through the air, potentially landing on your neighbor, contributing to the spread of the novel coronavirus. **Learning how to respond** to this reflex action — which, like a cough, could be caused by a common cold, an allergy or an irritation — could play a role in limiting the spread of the virus. And that can only be a good thing as fall sees the first of this winter's viruses **start to do** the rounds.

The advice endlessly given to **children to remind** them of good hygiene practices is usually the best advice for adults too — even if we tend to forget that. “Wash your hands” and “sneeze or cough into your elbow” are **good habits to get** into, no matter

what your age. But is it **possible to sneeze** or cough into your elbow when wearing a mask? Apparently so, as scientists consider this to be the best way of preventing respiratory droplets from spreading through the air.

However, make sure you avoid bringing your elbow into contact with your mask, as much as possible, and **try not to touch** other people with this part of your body. That may go without saying — especially in the age of social distancing — but droplets can nevertheless pass through a mask and deposit on your elbow or clothing. It's **important to bear** that in mind! Another option is to sneeze or cough into a disposable tissue. It can be **tricky to act** fast enough when it's an uncontrollable reflex, but if you have the time, don't hesitate to get out **a tissue to help** stop the spread of respiratory droplets.

That's what Maria Sundaram, a postdoctoral researcher and epidemiologist at ICES Ontario, advised Eliza Goren of the *Washington Post*. Indeed, the scientist recommends covering your mouth and nose with **the tissue to prevent** particles from escaping, then throw away the tissue immediately after use and clean your hands with soap and water or with hand sanitizer. While summer was less conducive to colds, throat infections and other winter ailments, now is **the time to start** carrying a spare mask at all times.

Adapted from: <https://www.thejakartapost.com/life/2020/10/07/the-art-of-coughing-and-sneezing-in-the-age-of-covid-19.html>

elbow = *siku*
kind of pariah = *sejenis penyakit menular*
the novel = *siklus baru*

tiny droplets = *tetes kecil*
disposable tissue = *tisu sekali pakai*
respiratory = *pernafasan*

Answer these questions with complete sentences.

1. Previously, coughing and sneezing were common for society, but why are they unusual thing during a pandemic?
2. What does spreads if the person next to us coughs?
3. Why do wash your hands” and “sneeze or cough into your elbow” become a good habit for us?
4. How to use a good tissue during a pandemic?
5. What will we use after using a tissue after we cough and sneezing?

B. INFINITIVES

An infinitive is *to* + the simple form of a verb. There are three forms of infinitive:

1. Infinitives after verbs.

Infinitives can follow certain verbs, such as *ask, start, try, need, know, begin, seem, like, expect, decide, offer, prepare, want, learn, know how, mean, plan, fail etc.* The examples of sentences are:

- ⇒ *She began to use hand sanitizer.*
- ⇒ *I don't know how to use this health instrument.*

2. Infinitives after adjectives

Some adjectives can be immediately followed by infinitives, such as *afraid, proud, possible, important, safe, easy, ready, simple etc.*

- ⇒ *It's important to follow the health protocol in pandemic.*

3. Infinitives of purpose.

Infinitives can be used to express the purpose or reason for an action.

- ⇒ *She uses the internet to know what is happening in the world.*

Grammar Used Tasks

- a) **Read the previous passage and identify the infinitives. Put the identified sentences into the following tables.**

No	Kind of infinitives	The sentence
1.		
2.		
3.		
4.		

5.		
----	--	--

b) Complete the following sentence by selecting the correct option a, b, c, or d.

1. It's _____ tissue when you cough and sneezing in the public.
 - a. Important to use
 - b. Important to using
 - c. Impossible to used
 - d. Impossible to use
2. It's _____ hand always clean that help prevent the spread of serious respiratory illnesses.
 - a. Safe to cover
 - b. Safe to open
 - c. Safe to close
 - d. Safe to keep
3. Remember _____ hand after blowing your nose, coughing or sneezing.
 - a. To keep
 - b. To wash
 - c. To open
 - d. To cover
4. Before coronavirus, it was _____ to work or school with a mild cough or runny nose.
 - a. Normal to go
 - b. Hard to go
 - c. Impossible to go
 - d. Important to go
5. A face mask is _____ the rate of your respiratory droplets going out in the open air.
 - a. Impossible to reduce
 - b. Important to reduce
 - c. Difficult to reduce
 - d. Dangerous to reduce

c) Complete the following sentences with your own ideas. If possible, all of your ideas should relate to etiquette cough and sneezing in pandemic era.

1. I am afraid to
2. It is dangerous to.....
3. I am prepared to
4. It is safe to
5. It is irresponsible to

d) Match each of the numbers on the left to the letters on the right to form complete and logical sentences.

- | | |
|-----------------------------------|---|
| ___ 1. I read website | a. to avoid the spreading of covid 19. |
| ___ 2. I remind children | b. to record TV program when quarantine |
| ___ 3. I keep distance | c. to wash their hand before they eat. |
| ___ 4. I need vacation | d. to know what is happening in the world |
| ___ 5. I signed up for a cable tv | e. d. to get away from it all! |

e) **Write several sentences about your understanding the etiquette of sneezing and cough in public area. Make sure that you use the correct infinitives**

CHAPTER 9
COVID-19 VACCINE



Source: <https://www.madisoncounty.ny.gov/2540/COVID-19-Print-Resources-and-Testimonial>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 through vaccines.
- determine the passive.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the questions.

Importance of Covid-19 Vaccines and why you should not miss it

Vaccinations against Covid-19 were developed using science that has been in the books for ages. These vaccines are not experimental. They have been through all the stages of development for any new scientific breakthrough.

In addition, Covid-19 specific vaccinations are constantly monitored by multiple health organizations purely because of all the pandemonium this virus has caused across the world. Hence, it becomes crucial for every citizen to take part in the vaccination drives organized by their local governmental bodies and other bodies offering the vaccine officially. Here's a list of important details about vaccinations that make it absolutely necessary for you to NOT miss vaccination against Covid-19.

Covid-19 vaccines have been tested by multiple drug administration authorities in the world. They are proven to be effective in reducing your probability of contracting COVID-19.

Once you are vaccinated, your body is much better prepared to shield off more viruses by making your immune system stronger. At the same time, when you are protecting yourself, you are also protecting those around you.

Vaccinations are known to boost your immune system by teaching your body how to fight threats. Therefore, many consider vaccinations as a way to build up your immune system and the manner in which your body reacts to foreign bodies.

Many believe falsely that since the vaccine includes a strand of the virus, you may actually get infected by it. That is not how a virus affects a body and hence you are in no danger by being infected with the disease of the vaccine.

The Covid Vaccinations that are available by societies, governments and other people-body, are all certified by multiple certification authorities that have very stringent measures of success. If a vaccine is certified, you can be certain it has been tested through proven methods. There are no reasons for any individual to avoid a Covid-19 vaccination and it is our responsibility at Pathkind labs to dismiss any fears anyone has of the vaccination. There are no reasons to avoid a covid-19 vaccine and many reasons to not miss it. Pathkind labs are certified at testing for Covid-19 as well as various other infections, diseases and viruses. Our team of experts have built insight through years of experience and are your number one choice when it comes to health tests and analyses.

Adapted from : <https://www.pathkindlabs.com/importance-covid-19-vaccines-and-why-you-should-not-miss-it>

development = *perkembangan*
authorities = *wewenang*
probability = *kemungkinan*

boots = *pemacu*
government = *pemerintah*
proven = *terbukti*

Answer the questions in complete sentences.

1. What are the main benefits of COVID-19 vaccine?
2. Who has thoroughly tested the covid 19 vaccine?
3. Is the covid 19 vaccine dangerous related to immunity? why or why not?
4. Why are people still afraid to get vaccinated?
5. What should the government do to reduce people's fear of the COVID-19 vaccine?

B. THE PASSIVE

In the passive, the object of an active verb become the subject of the passive verb. The form the passive voice, use *be* + the past participle of the main verb. The passive voice subject determines whether the verb *be* is singular or plural. The agent can be included in the passive sentence in a phrase with *by* if necessary. There are some tense forms of the passive:

- Simple present : am, is, are + past participle
- Present continuous : am, is, are + being + past participle
- Present perfect : has, have + been + past participle
- Past tense : was, were + past participle
- Future tense : shall, will + be + past participle
- Past perfect : had been + past participle
- Past continuous : was, were + being + past participle

Grammar Used Tasks

- a) Read the previous passage and identify the passive voice. Put the identified sentences into the following tables.

No	Tenses	Passive sentences
1.		
2.		
3.		
4.		
5.		

b) Complete the following sentence by selecting the correct option a, b, c, or d.

1. Now that effective vaccines for COVID-19 have been developed and _____ to members of the public, it is key to understand the benefits of the COVID-19.

a. Were distribute	c. Are distributed
b. Are distribute	d. Are being distributed
2. With these antibodies, your body _____ to prevent and fight Covid-19 infection

a. Will trained	c. Will be trained
b. Shall trained	d. Will being trained
3. The more people who _____, the less likely it is that an infected person will pass the disease on to other people.

a. Was vaccinated	c. Are vaccinated
b. Is vaccinated	d. Has vaccinated
4. The immune system in the body _____ by covid-19 vaccination with causes covid-19 disease.

a. Are protected	c. Were protected
b. Is protected	d. Were being protected
5. The progress of this vaccine needs _____

a. To be evaluated	c. In evaluating
b. To evaluate	d. Be evaluated

c) Complete the sentences with the active or passive form the verbs in parentheses.

Use any appropriate tense.

1. The first antibiotic, penicillin (discover) _____ by Alexander Fleming in 1928.
2. You (prevent) _____ from becoming seriously ill even if you contact the virus.
3. Schools (close) _____ since March 2020 and 42 million children off from their education and the support networks many rely on to stay safe.

4. Herd immunity against COVID-19 (achieve) _____ by protecting people through vaccination, not by exposing them to the pathogen that causes the disease.
5. Vaccinated people (protect) _____ from getting the disease that makes decrease the immunity of body.

d) Rewrite these sentences. Instead of using somebody, they, people etc., write a passive sentence.

1. During the discussion, somebody told the vaccines' importance in preventing the Covid-19 virus spread.

2. They cancelled vaccine because of afraid with the effect of vaccine COVID-19.

3. People warned us not go outside before take vaccine to prevent the spread of COVID-19

4. Somebody cleans the room everyday with disinfectant and always wash hand after outside.

5. People should tell global leaders to end the pandemic by Supporting Vaccine Equity.

e) Write several sentences about your understanding why we should vaccine during pandemic. Make sure that you use the correct passive sentences

CHAPTER 10

DISINFECTANTS


USING DISINFECTANTS AND WIPES AGAINST COVID-19


npic
NATIONAL PESTICIDE INFORMATION CENTER


WHAT ARE THEY?

Disinfectants kill viruses, bacteria, and fungi on surfaces. Products on EPA's "List N" are expected to control COVID-19. To see if your product is on List N, look for the EPA Registration Number on your label. If you have questions, call NPIC M-F 8am-12pm PT at 800-858-7378.


HOW DO I USE THEM?

 Disinfectants may not work on unlisted surfaces. Follow your label carefully.


 Follow the contact time (how long the surface must stay wet).


 Pre-clean surfaces with soap and water first.


CAN I USE THEM ANYWHERE?


 Do not use wipes on food. Only use on food contact surfaces if the label says so. Check for rinsing instructions on the label. Do not let children (under age 18) use disinfectant wipes. Do not use them to clean hands. Do not use as baby wipes.


HOW DO I MINIMIZE RISK?


 Never mix cleaning products. Leave them in their original container.

 Wear protective gear like gloves, masks, and eyewear. Do not reuse disposable gear if contaminated with disinfectant.

 Wash hands after use.

 Always follow the label, including listed surfaces and contact times.

 Store out of reach of kids.

 Open windows and use fans to ventilate. Step away from odors if they become too strong.

Source: <http://npic.orst.edu/ingred/ptype/amicrob/covid19.html>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 through disinfectants.
- determine the adjective clauses.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the questions.

Why is Disinfecting your Office and Home so Important?

Cleanliness and hygiene have always been essential, but **in light of the COVID-19 pandemic that is currently happening**, it is more important than ever to keep your home and office disinfected and free from harmful bacteria and viruses. Here are the reasons why it is important.

Currently, you are required to do your daily activity like working and studying at home, but are you aware that **the items that you often touch at home** can have germs and viruses? The study says that the current coronavirus can last up to 5 days. That's why regular cleaning is never enough to kill harmful viruses.

Same as the office, even though you have left the office for a long time, but there are still thousands or **more viruses and germs that stay inside**. The keyboard is one of **the office tools that you touch often**, it has over 9000 germs per square inch where normal cleaning is never enough. Disinfect your office to ensure that the office is safe from viruses and germs. Use disinfection for **your home where you can kill 99.9% viruses and germs**.

Fabric-based items can be easily found at home and in the office. Work chairs or sofas, for example, both of these items can be home to thousands of viruses and germs that can cause allergies if left untouched. In addition to the cleaning and precautions steps from the virus, you can book a sofa cleaning and mattress cleaning service to clean both items thoroughly.

Germs are **microorganisms that are hard** to kill. Study says that even in very cold temperatures, germs can't be killed. They are also able to move easily from one place to another through your hands and can cause poisoning or affect your digestion. Therefore, by disinfecting your home and office, you can eliminate 99.9% of germs.

Provide a germ-free environment for your family and employees, especially during this global pandemic outbreak. You can contact **the service personnel who help you stay safe** at home and return your service during the lockdown, so you can stay organized and free from any germs and virus worries.

Adapted from: <https://www.gawin.ph/blog/why-is-disinfecting-your-office-and-home-so-important/>

Essential = *Penting*
Harmful = *Berbahaya*
Fabric-based items = *Barang-barang
berbahan dasar kain*

Precautions = *Tindakan pencegahan*
Digestion = *Pencernaan*
Germs = *kuman*

Answer the questions with complete sentences.

1. As we know, it is more important than ever to keep your home and office disinfected and free from harmful bacteria and viruses. How long can the corona virus survive on items around us?
2. How many germs and viruses in the keyboard that we touch often?
3. What can we do to keep the sofa clean from viruses?
4. Why germs are microorganisms that are difficult to kill?
5. Who can help us spray disinfectant in our homes and offices?

B. ADJECTIVE CLAUSE

An adjective clause is a clause that modifies or describes a noun or pronoun. An adjective clause usually comes immediately after the word that it describes. It usually begins with a relative pronoun: *that, which, who, whom, whose, when* and *where*.

There two functions of adjective clause:

1. Adjective clause pronouns used as the subject. See the following example.
 - ⇒ *I thank the woman who helped me to clean my home.*
 - ⇒ *I thank the woman* as a main clause, and *who help me* as an adjective clause that modifies a noun.
2. Adjective clause pronouns used as the object of a verb. See the following example.
 - ⇒ *Many people believe in disinfectant. Government makes them.*
 - ⇒ *Many people believe in disinfectant that (which) government makes.*

Notice the example. *That* and *which* may replace objects of verbs to form adjectives clauses. *Which* refers to things and ideas. *That* may refer to things, ideas, or people, although *who(m)* is generally preferred for people.

Grammar Used Tasks

- a) **Read the previous passage and identify the main clause and adjective clause. Put the identified sentences into the following tables.**

No	Main clause	Adjective Clause (subordinate clause)
1.		
2.		
3.		
4.		

5.		
----	--	--

b) Complete the following sentence by selecting the correct option a, b, c, or d.

1. Disinfectants are chemical agents applied to non-living objects in order to destroy bacteria, viruses, fungi living on the objects _____ been used for pandemic era.
 - a. which it has
 - b. that it has
 - c. that has
 - d. that have
2. The doctor _____ was a specialist for patient covid-19.
 - a. that saw
 - b. whom saw
 - c. who I saw
 - d. which I saw
3. Cleaning and disinfectant procedures are crucial thing between people or items _____ of microorganisms.
 - a. control that the transfer of
 - b. that control the transfer of
 - c. the transfer of that control
 - d. the control of transfer
4. The potential of transfer the _____ from the indirect contamination of equipment or facilities at home and office
 - a. are that microorganisms
 - b. that microorganisms are
 - c. microorganisms that are
 - d. microorganisms are
5. The disinfectant spray _____ is on the cupboard is mine.
 - a. Which is
 - b. Which are
 - c. Whom are
 - d. Who is

c) Combine these following sentences by using adjective clause.

1. You should be aware with your items during pandemic especially the keyboard laptop or computer. It you often touch in the office.

2. Cleaning and disinfecting are critically important in your home and office. It prevents the spread of COVID-19.

3. The disinfectant spray wasn't very good. We bought it last night.

.....

4. The hospital is next to the department store. It has a complete equipment for COVID-19.

.....

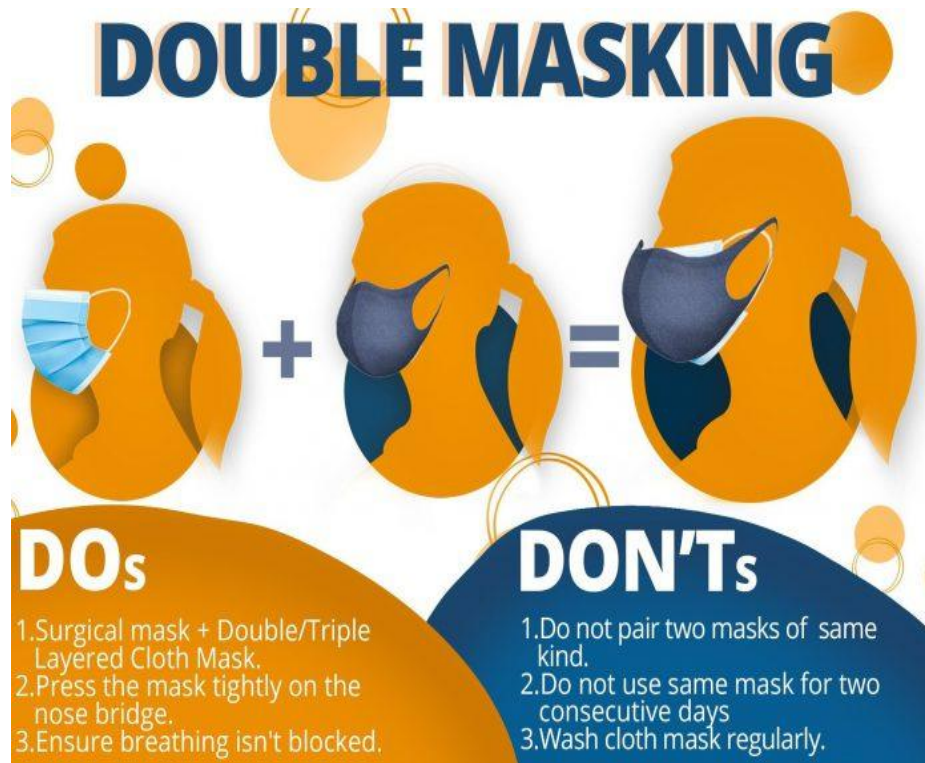
5. I read an important journal or article. It detailed how easy it is for someone to clean the room using disinfectant.

.....

d) Write several sentences about your understanding using disinfectant for protection of Covid-19. Make sure that you use the correct adjective clauses.

CHAPTER 11

DOUBLE MASKING



Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 through double masking.
- determine the adverbial verbs, clause of time, reason, condition and contrast.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the questions.

Should You be Double Masking?

There are many steps that you can take to help prevent the spread of SARS-CoV-2, the new coronavirus that causes COVID-19. One of these is wearing a mask. **Since it comes to masks**, there are a variety of different options to choose from. These can include, cloth masks, surgical masks and KN95 masks.

Recently, you may have heard about something called double masking. Simply put, this is when you wear two face masks instead of one. **As you're wearing two masks**, the outer mask can apply gentle pressure to the edges of the inner mask. In fact, you've probably noticed that you feel air escaping through the sides of your mask **when you breathe in and out**. The material in a mask filters respiratory droplets containing the virus **before you can inhale them**.

Adding a second mask can improve filtration even more, **because it effectively doubles the layers of material**. Virus-containing respiratory droplets have to

travel through **before reaching your face and mouth**. Try out your double mask at home **before using it in public**. **Even though breathing may require a little extra effort using double masking**, it shouldn't make breathing difficult. **If you'd like to try double masking**, wear a cloth mask over a surgical mask. **Avoid any other mask combinations because** multiple layers work to better shield your face from respiratory droplets that can contain the virus. **While you selecting a cloth mask**, choose one that has at least two or three layers of fabric.

If you can maintain a distance of at least 6 feet from others outside your household, you can use single mask. **Although the single mask can give good protection**, a double mask can be beneficial when you're, going shopping, visiting the doctor, traveling with others outside your household, such as by plane, train, or public transportation, working a job where you cannot maintain physical distancing

Adapted from: <https://www.healthline.com/health/double-masking>

gentle pressure = *tekanan lembut*
inhale = *menghirup*
surgical mask = *masker medis*

cloth mask = *masker kain*
escaping = *mengeluarkan*
respiratory = *pernafasan*

Answer these questions carefully.

1. Recently, we heard about double mask for protection of Covid-19. What does double mask mean?
2. Is the use of double masks important? If so, what is the function of using double mask?
3. How does combine the using of double mask?
4. Mention some activities that require using a double mask!

B. ADVERB CLAUSE

An adverb clause is a group of words that function as an adverb in a sentence. It's consisted of main clause and subordinate clause. Adverb clauses are used to show relationship between ideas. They show relationships: (1) Time such as *when, while, before, as, since, etc.* (2), Cause and effect such as *because, since and now that.* (3) Contrast such as *even though, although and though.* (4) Condition such as *if, unless, even if, etc.*

Grammar Used Tasks

- a) Read the previous passage and identify the main clause and adverb clause. Put the identified sentences into the following tables.

No	Adverb clause	Main Clause
1.		
2.		
3.		
4.		
5.		

- b) Complete the following sentence by selecting the correct option a, b, c, or d.

- While we were working a job that difficult to maintain the social distancing, we _____ double mask as protection.
 - have applied
 - were applied
 - are applying
 - applied
- The using of double masks for children is not recommended _____ can make difficult for them to breathe.
 - Because it
 - Because of it

- c. It
d. Since they
3. We used the double mask _____ our work at the office during pandemic.
- a. finished
b. we finished
c. until finished
d. until we finished
4. Tim's in good shape physically _____ get much exercise
- a. even though he doesn't
b. even though he didn't
c. even though he weren.t
d. even though he hadn't
5. _____, he was using double mask to prevent the spread of COVID-19.
- a. I arrived
b. When I arrived
c. When I arrive
d. When arrived

c) Look at the relationship in each pair of sentences. Combine the sentences into one using the words in parentheses.

6. You can use the single mask. You just maintain the distance around 6 feet from others.

.....
.....

7. You use the double mask to outside. Make sure your mask fully covers your mouth, nose and the sides of your face.

.....
.....

8. The mask has a right fit. You will be safe from the spread of COVID -19 as well.

.....
.....

9. You go into a public space. You almost never know which you'll be—the infected person or the exposed person.


.....
.....
10. A person wears one mask on top of another. It is termed as ‘double masking’.

.....
.....

d) Write several sentences about your understanding using double mask for protection of Covid-19. Make sure that you use the correct adverb clauses








SELF- ISOLATE


#IndiaFightsCorona



HOME ISOLATION GUIDELINES
(for very mild/pre-symptomatic/asymptomatic COVID-19 cases)

When to seek medical attention?

-  Difficulty in **breathing**
-  Dip in **oxygen saturation** ($SpO_2 < 95\%$)
-  Persistent **chest pain**
-  Mental **confusion**
-  Slurred speech/ **seizures**
-  **Weakness or numbness** in any limb or face
-  **Bluish discolorations** of lips/face

 @CovidNewsByMIB

Source: <https://transformingindia.mygov.in/covid19/guidelines-for-home-isolation-of-mild-asymptomatic-covid-19-cases-patient-eligible-for-home-isolation/>

Learning Objectives

After you have completed this module, you should be able to:

- determine the way to prevent COVID-19 through double masking.
- determine the adverbial verbs, clause of time, reason, condition and contrast.
- determine to answer the questions of reading text, grammar and writing ability

A. READING COMPREHENSION

Read the following text and answer the questions.

When to self-isolate and what to do

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people. Self-isolation rules have changed.

You will not need to self-isolate in certain situations. It's a legal requirement to self-isolate if you are told to by NHS Test and Trace. **You could be fined if you do not self-isolate.** Self-isolate straight away and get a PCR test (a test is sent to the lab) on GOV.UK as soon as possible if you have any of these 3 symptoms of COVID-19, even if they are mild, a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste

You should also self-isolate straight away if, you've tested positive for COVID-19. This means you have the virus someone you live with has symptoms or tested positive (unless you are not required to self-isolate – check below if this applies to you) and you've been told to self-isolate following contact with someone who tested positive – find out what to do if you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app

You may need to quarantine when you arrive in England from abroad. **If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate** if any of the following apply, you're fully vaccinated – this means 14 days have passed since your

final dose of a COVID-19 vaccine given by the NHS. **Even if you do not have symptoms, you should still get a PCR test on GOV.UK** to check if you have COVID-19 follow advice on how to avoid catching and spreading COVID-19 and consider limiting contact with people who are at higher risk from COVID-19

Tell people you've been in close contact with in the past 48 hours that you might have COVID-19. You should tell them to follow advice on how to avoid catching and spreading COVID-19. They do not need to self-isolate unless they're contacted by the NHS Test and Trace service. **If they get any symptoms of COVID-19, they should self-isolate and get a test as soon as possible.**

You must not leave your home if you're self-isolating. If you test positive, your self-isolation period includes the day your symptoms started (or the day you had the test, if you did not have symptoms) and the next 10 full days. **You may need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.**

While you're self-isolating, you can get help with everyday tasks, like collecting shopping or medicines, from an NHS volunteer and you might be able to get sick pay or other types of financial support if you're not able to work

Adapted from: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Self-isolate = *isolasi mandiri*
legal requirement = *persyaratan resmi*
symptom = *gejala*

catching = *tertular*
higher risk = *sangat beresiko*
spreading = *penyebaran*

Answer these questions with complete sentences.

1. In pandemic era, what is self-isolation?
2. What are three main symptoms that you must to self-isolation?
3. What will happen if we refuse to self-isolate?
4. If we have been in close contact with a person who is positively infected with COVID-19, how long should we be quarantined?

B. CONDITIONAL SENTENCES

Conditional sentences express the idea of *if ...*, *and then ...*. These sentences can talk about real situation, facts, regularly occurring events, unreal situations and imaginary or impossible ones. In conditional sentences that express real or true, factual ideas in the present/future, the simple present is used in the *if-clause*.

The result clause has various possible verb forms. A result clause verb can be:

- The simple present, to express a habitual activity or situation
⇒ *If I don't eat breakfast, I always **get** hungry during self-isolate*
- The simple future, to express a particular activity or situation in the future.
⇒ *If I don't eat breakfast tomorrow morning, I **will get** hungry during self-isolate*
- The simple present or the simple future, to express an established, predictable fact or general truth.
⇒ *Water **freezes** if the temperature reaches 32C*

The result clause can also include modals and phrasal modals such as should, might, can, be going to.

- ⇒ *If it rains, we **should** stay home*
- ⇒ *If it rains, I **might decide** to stay home*
- ⇒ *If it rains, we **can't** go*

Grammar Used Tasks

- a) Read the previous passage and identify the conditional sentence. Put the identified sentences into the following tables.

No	The conditional sentence
1.	
2.	
3.	

4.	
----	--

b) Make sentences with the given words using conditional sentences.

1. (if / grandpa / close / contact / patient / covid-19 – self- isolate)
.....
.....
2. (if / high/ temperature / stay home / not/ have visitors / until get your test result)
.....
.....
3. (if / symptom/ difficulty breathing or shortness of breath / self- isolate)
.....
.....
4. (if / cough more than an hour or worse than usual / get CPR / hospital)
.....
.....
5. (if / serious heart diseases / heart failure / higher risk / intensive treatment / hospital)
.....
.....
6. (if / symptom/ loss or change to your sense of taste or smell / self- isolate)
.....
.....
7. (if / emergency COVID-19 signs and symptoms / persistent chest pain / immediately / doctor)
.....
.....
8. (Doctor know/ if / older adult / chronic medical conditions/ greater risk /covid - 19)
.....
.....
9. (if / COVID-19 signs and symptoms / appear two to 14 days / after exposure / self-isolate)

.....
.....

10. (if / caring someone at home / covid-19 patient / follow the appropriate treatment / prevent the spread)

.....
.....

c) Write several sentences about your understanding self-isolate. Make sure that you use the correct conditional sentences

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GLOSSARY

A

Ability	= kemampuan
Assignment	= latihan
Avoid	= menghindari
Accomplished	= menyelesaikan
Allergy	= alergi

B

Benefits	= manfaat
Built	= membangun

C

curve	= kurva
contagion	= penularan
consider	= mempertimbangkan
choice	= pilihan

D

Disease	= penyakit
Destinations	= tujuan

E

Extraordinary	= luar biasa
Experience	= pengalaman
Enterprises	= perusahaan
Exhausted	= kepayahan
Eliminate	= keluar

H

Handwashing	= mencuci tangan
Household	= rumah tangga
Healthcare	= pelayanan kesehatan
Harmful	= rusak

I

Interests	= ketertarikan
Increase	= meningkatkan
Infectious	= terinfeksi

Irritation = iritasi

M

Maintaining = pemeliharaan

Meditate = meditasi

Measures = ukuran

L

Lack = keterbatasan

Lockdown = pembatasan

P

Pandemic = pandemic

Precautions = tindakan pencegahan

physical distance = menjaga jarak

prevention = pencegahan

pursuit = pengejaran

poisoning = racun

R

Reductions = pengurangan

Research = penelitian

Resilience = ketangguhan

Reduce = mengurangi

Required = persyaratan

S

Sneezing = bersin

Spread = penyebaran

Summary = kesimpulan

Snuggle = meringkuk

Sanitizer = cairan pembersih tangan

Surface = permukaan

Scientist = peneliti

T

Transmission = penyambung

U

Urge = dorongan

V

Vulnerable = mudah diserang

Volunteer = relawan

Answer Key

CHAPTER 1

A. READING COMPREHENSION (page 2)

1. What are the best defenses against the virus?
Answer: Handwashing with soap remains one of our best defenses against the virus, along with other public health measures such as maintaining physical distance, avoiding crowded places, practicing cough etiquette and wearing a mask wherever recommended.
2. When do we celebrate Global Handwashing Day?
Answer: Global Handwashing Day observed annually on October 15.
3. What is the importance of handwashing?
Answer: The importance of handwashing as an effective means disease prevention.
4. What kind of activity that pushes us to do handwashing at regular intervals?
Answer: The practice of handwashing at regular intervals is a must, after coughing or sneezing, when caring for the sick, after using the toilet, before eating, while preparing food and after handling animals or animal waste.
5. Do we need to wash our hand in the public place? What is your reason?
Answer: Handwashing after touching common surfaces such as doorknobs or handles, or after one comes back home from visiting a public place will keep ourselves and others around us safe.

B. SIMPLE PRESENT TENSE

1. Grammar Used Tasks (page 3)

No	Verb	Sentences
1	<i>defenses</i>	Handwashing with soap remains one of our best <i>defenses</i> against the virus, along with other public health measures such as maintaining physical distance, avoiding crowded places, practicing cough etiquette and wearing a mask wherever recommended.
2	<i>is (tobe)</i>	It <i>is</i> a simple act that pays in dividends when it comes to keeping ourselves healthy and safe.
3	<i>is (tobe)</i>	Handwashing <i>is</i> also one of the key cornerstones of COVID-19 prevention.'
4	<i>is (tobe)</i>	washing hands with soap and running water <i>is</i> of critical importance.

2. Use the correct simple present of verb (page 3)

1. Diane (wash) _____ washes _____ her hand after visiting a public place.
2. Kathy (sit, usually) _____ usually sits _____ in the front row during the mitigation class.
3. Sanitation inventions (tobe) _____ are _____ part of development of handwashing.
4. My brother (clean) _____ cleans _____ his hand with soap and water to remove viruses and unwanted substances stuck to the hand.
5. Making hand washing facilities accessible to everyone (tobe) _____ is _____ crucial to maintain handwashing behavior.

6. WHO (recommend) _____ recommends _____ washinghands for at least 20 seconds before and after certain activities.
7. Handwashing with soap (tobe)_____is_____ one of our best defenses against the virus.
8. According to UNECEF, turning handwashing with soap before eating into a habit (save) _____ save_____ more lives than any single vaccine or medical invention.
9. Several compaies around the globe (develop) _____ techonologies to improve handwashing process.
10. Effective drying of the hand (tobe)_____is_____ an essential part of the handwashing process.

3. **Writing: answers will vary (page 4)**

CHAPTER 2

A. READING COMPREHENSION (page 6)

1. Doing an online class is one of the ways to do physical distancing. (T)
2. Physical distancing policies can increase disease spread in many countries. (F)
Correction: many countries are using physical distancing policies (from school closures to travel restrictions or full lockdowns) as tools to reduce disease spread, looking to avoid (or flatten) the curves of cases and deaths, seen already in so many countries.
3. We do not need to know information about Covid-19 in real time. (F)
Correction: there is a clear need for real time information about Covid-19.
4. Scientific institutions, governments, and international organizations must work together to provide evidence and tools that allow for timely action. (T)
5. There are many benefit from the recent data of covid-19. (T)
Magic Box — UNICEF's big data initiative — is working to provide data, tools and insights that allow timely monitoring of physical distancing, evidence on the suitability and sustainability of mobility reductions for low income settings, and better models that allow a better understanding and balancing of the potential impact of these measures on the disease as well as on the underlying communities.

B. PRESENT CONTINUES TENSE

1. Grammar Used Tasks (page 7)

No	Verb	Sentences
1	<i>are using</i>	In this context, many countries <i>are using</i> physical distancing policies (from school closures to travel restrictions or full lockdowns) as tools to reduce disease spread, looking to avoid (or flatten) the curves of cases and deaths, seen already in so many countries.
2	<i>is working</i>	Magic Box — UNICEF's big data initiative — <i>is working</i> to provide data, tools and insights

3	<i>are currently producing</i>	<i>We're currently producing insights for 10 UNICEF programme countries</i>
---	--------------------------------	---

2. Use the correct Present Continues Tense (page 7)

1. Anna can't leave her house because she (do) ___ is doing _____ self-quarantine.
2. Alre (meditate) _____ meditates _____ at home during COVID-19.
3. My sister (sit, usually) _____ usually sits _____ in front row during mitigation class, but today she (sit) _____ is sitting _____ in the last row.
4. Please be quiet. I (try) _____ am trying _____ to read the COVID-19 news in my social media.
5. (you, lock, always) _____ do you always lock _____ the door to your apartment when you leave?
6. I wrote to my friend last week about my recent condition after COVID-19. She hasn't answered my letter yet. I (wait, still) ___ am still waiting _____ for a reply.
7. After six days of rain, I'm glad that the sun (shine) ___ is shining _____ again today so that I can sunbathe in the morning.
8. Every morning, the sun (shine) ___ shines _____ in my hospital bedroom window and (wake) _____ wakes _____ me up.
9. A : Look! It (rain) _____ is raining _____ .
B : It's cool. This is the first time I've ever seen rain since lockdown.
10. A : Close your eyes. Now listen carefully. What (I, do) ___ am I doing _____ ?
B : You (disinfect) ___ are disinfecting _____ the top surfaces of your desk.
A : Right!

3. Writing: *answers will vary* (page 8)

CHAPTER 3

A. READING COMPREHENSION (page 10)

1. What was the government regulation to overcome COVID-19 in the schools and universities?
Answer: The government regulation to overcome COVID-19 in the schools and universities was online learning.
2. When was the first implementation on that regulation?
Answer: The first implementation on online learning was on March 16th 2020.
3. What was the first assignment of the author?
Answer: First assignment of the author was biology on summary about virus and sends it to email.
4. Did the author have any difficulties on the first assignment?
Answer: Author's difficulty on the first assignment was some unknown technical terms that he couldn't discuss it with his teacher right away because he must do the assignment alone by himself at home.
5. What was the author opinion about the experience of studying at home during the Coronavirus outbreak?

Answer: The author opinion about the experience of studying at home during the Coronavirus outbreak was fun because the author got to experience new way of learning it is good for student to use these kinds of technologies in learning process.

B. SIMPLE PAST TENSE

1. Grammar Used Tasks (page 11)

No	Verb	Sentences
1	<i>started</i>	At the beginning of March 2020, COVID-19 <i>started</i> to spread in Jakarta.
2	<i>started</i>	Within a few days, the contagion <i>started</i> to reach other cities around Jakarta and several other places across Indonesia.
3	<i>issued</i>	With this condition, the government <i>issued</i> a warning and instructed all schools and universities to call off all activities at school and replace it with online learning instead.
4	<i>was not (tobe)</i>	The online classroom <i>was not ready</i> at that moment.
5	<i>started</i>	My friends and I <i>started</i> working on Miss Caca's assignment from 10 a.m in the morning.
6	<i>felt</i>	It <i>felt</i> even more challenging to do the assignment alone by our self at home.
7	<i>managed</i>	we <i>managed</i> to finish the assignment at 2 p.m. and sent it right away to Miss Caca.

2. The use of Simple Past Tense (page 11)

1. It often _____ rains _____ in the morning. It _____ rained _____ yesterday on my first day of school from home. (rain)
2. I _____ clean _____ my hands frequently every morning. I _____ cleaned _____ my hands yesterday morning. (clean)
3. Anna often _____ asks _____ questions on the online class. She _____ asked _____ a question in the online class yesterday. (ask)
4. I _____ watched _____ a movie about pandemic as homework last night. I usually _____ watch _____ a movie in the evening because I want to improve my English through a movie. (watch)
5. Mr.Rudi _____ cooked _____ her own dinner yesterday evening. She _____ cooks _____ her own dinner every evening in order to avoid eating out in crowded places. (cook)

3. Writing: *answers will vary* (page 12)

CHAPTER 4

A. READING COMPREHENSION (page 14)

1. What is the trend of youth to spend the free time during COVID-19 pandemic?
Answer: Youth are spending less time in organized after-school sports and clubs, and more time engaged in individual pursuits
2. What kind of activity that individual can do during COVID-19 pandemic?

Answer: More time engaged in individual pursuits such as gaming, playing an instrument, and knitting.

3. What can family do to spend more time together during COVID-19 pandemic?

Answer: Families have spent more time together, leading to an increased playing of board games, putting together puzzles, working on home improvement projects, and being creative with arts and crafts.

4. What are the impact of stay-at-home restrictions and new safety precautions on youth?

Answer: A decrease in sports and after-school clubs (though youth aren't meeting as much in person, they still identify as part of the team and are meeting virtually with other club members), a decrease in going out to eat, seeing friends, and even reading for pleasure.

5. What is the new trend of interests for youth to spend the free time during COVID-19 pandemic?

Answer: Many kids, tweens, and teens have found new interests to bring them joy including cooking, swimming, and journaling.

B. PRESENT PERFECT TENSE

1. Grammar Used Tasks (page 15)

No	Verb	Sentences
1	<i>has impacted</i>	As the COVID-19 pandemic <i>has impacted</i> everyone's lives in the past year, we've <i>seen</i> interesting trends for youth
2	<i>have spent</i>	Families <i>have spent</i> more time together, leading to an increased playing of board games, putting together puzzles, working on home improvement projects, and being creative with arts and crafts.
3	<i>have found</i>	Many kids, tweens, and teens <i>have found</i> new interests to bring them joy including cooking, swimming, and journaling.

2. Present Perfect Tense (page 15)

- I (attend, not) ___ haven't attended _____ any community gathering since I came here.
- Al (go) _____ went _____ to a meeting virtually with other club members last Saturday night.
- Bill (arrive) ___ arrived _____ here three days ago.
- Bill (arrive) ___ has been arrived _____ here since the 22nd.
- Try not to be absent from online class again for the rest of the term. You (miss, already) _____ have already missed _____ too many classes. You (miss) ___ missed _____ two online classes just last week.
- So far this week, I (have) ___ have had _____ two tests and a quiz on online English class.
- Alex is an artist with creative arts and crafts. He (draw) ___ has drawn _____ many beautiful pictures in his lifetime. Last week in his quarantine, he (draw) _____ drew _____ a beautiful mountain scene.
- Anna really needs to get in touch with you. Since this morning, he (call) ___ has called _____ here four times trying to reach you. He (call) ___ called _____ at 9:10, 10:25, 12:15, and 1:45.

9. Janet (wear) _____ has worn _____ her new blue dress only once since she bought it. She (wear) _____ wore _____ it to the family gathering on board games last month.
10. The night has ended, and it's daylight now. The sun (rise) _____ has risen _____. It (rise) _____ rose _____ at 6:08.

3. Writing: answers will vary (page 16)

CHAPTER 5

A. READING COMPREHENSION (page 18)

1. What are five things to do right now in order to fight the rising number of covid-19 cases
 Answers: Five things to do right now in order to fight the rising number of covid-19 cases are wearing a mask, doing physically distancing, washing your hands, planing ahead in case you or someone in your household gets sick and maintaining awareness of the situation in your community.
2. What kind of mask do you prefer to wear?
 Answers: The better mask to wear is a triple-layer cloth covering.
3. Do we have any requirement of age to wear the mask?
 Answer: Yes, we do. Medical-grade masks should be worn by people age 60 and over or with health issues.
4. Do we need to do physical distancing when we are wearing mask?
 Answers: Yes we do. We need to do physical distancing when we are wearing mask. If we want to visit friends or family, we must still wear a mask and keep six feet apart.
5. What kind of activity can we do to take care of mental health?
 Answers: The activities to take care of mental health are taking a walk, talking to a friend, reading a book, snuggling with a pet, meditating, or reaching out to others who may need your help.

B. DEGREE OF COMPARISON

1. Grammar Used Tasks (page 19)

No	Degree of comparison	Sentences
1	better	General public should wear a triple-layer cloth covering because it is better than normal mask.
2	better	hand-washing is <i>better than</i> sanitizer because the soap and water mechanically rid your hands of germs.

2. The use of Degree of Comparison (page 19)

- a. The regular mask is _____ cheaper _____ (↑cheap) than triple-layer mask.
- b. Walking is _____ harder _____ (↑hard) to do than jogging in the morning to stay fit during pandemic.
- c. It's _____ less convenient _____ (↓convenient) to conduct family gathering in zoom meeting than a Skype during COVID-19.
- d. E-mail is good, but instant messaging is _____ better _____ (↑good) to know the news from the friend during COVID-19.
- e. Webcam calls are _____ nicer _____ (↑nice) than phone calls in order to talk to a friend.
- f. Text message are _____ more fun _____ (↑fun) than phone calls to reach out to others.
- g. It's terrible to lose your cell phone, but it's _____ worse _____ (↑bad) to lose your laptop.
- h. Cell-phones are _____ more expensive _____ (↓expensive) than regular phone calls.
- i. I'm _____ more lazy _____ (↑lazy) than my roommate to do meditation.
- j. This sanitizer is _____ more comfortable _____ (↑comfortable) than that sanitizer.

3. Writing: *answers will vary* (page 20)

CHAPTER 6

A. READING COMPREHENSION (page 22)

1. What is the benefit of consistent physically active?

Answer: The benefit of consistent physically active is managing symptoms of depression

2. How many times can we do physical activity weekly? How many second can we take a brief periods to get greater intensity?

Answer: physical activity can be once or twice daily that includes brief periods (30-90 seconds) of greater intensity.

3. What kind of exercise can we accomplish in the home?

Answer: home exercise is including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups).

4. Make a list of home exercise equipment!

Answer: The use of home exercise equipment such as treadmills, elliptical machines,

and stationary bikes may be helpful.

5. What is the relationship between physical activity and stress?

Answer : Using physical activity and exercise as a strategy to maintain health during the stressful period.

B. GERUND

1. Grammar Used Tasks (page 23)

No	Gerund	Sentences
	managing	For managing symptoms of depression, some research suggests that elevated levels of aerobic activity (exercise that significantly raises our heart rates) may be associated with greater reductions in depressive symptoms.
	Including sequencing	For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups).
	finding	We recommend finding physical activities that you enjoy and to share your experience with others.
	Allowing	Allowing individuals to maintain their autonomy and choice in their activities will be important for ongoing engagement.

2. The used of Gerund (page 23)

1. I enjoy ____doing_____ a long walk every morning.
2. I have a lot of homework tonight, but I'd still like to go with you later on. I'll call you when I get through ____studying_____.
3. Tony mentioned _____taking_____ the bus to school instead of walking.
4. I spent five hours _____writing_____ my homework last night.
5. A : What did you do yesterday?
B : I spent almost all day ____shopping_____

3. Writing: *answers will vary* (page 24)

CHAPTER 7

A. READING COMPREHENSION (page 26)

1. How the virus can spread to other people around us?
Answer: COVID-19 can spread by airborne transmission, although this is less common than close contact with a person
2. What is the major way to help prevent the spread of COVID-19?
Answer: The CDC recommends maintaining a distance of approximately 6 feet from others in public places. This distance will help you avoid direct contact with respiratory droplets produced by coughing or sneezing.
3. Is wearing a mask useful for protect yourself? If so, how does it help us?
Answer: Yes, it is. by wearing a mask that covers your mouth and nose, you will reduce the risk of serving as the source of disease spread by trapping your own droplets in the mask.
4. Is it safe to go abroad during a pandemic? Why?
Answer: Yes, it is. Traveling abroad can increase the spread of COVID-19 and put you at risk for contracting the disease.
5. What will you do when you have symptoms of COVID-19?
Answer: If you think you may have been exposed to a person with COVID-19 and have symptoms, call ahead to a doctor’s office to see if you can get tested.

B. MODAL VERBS

1. Identify Modal Verbs from text (page 27)

No	Kinds of modals	Sentences
1	Can (ability)	the simple steps you can take to help prevent the spread of COVID-19 and protect yourself and others.
		COVID-19 can spread by airborne transmission, although this is less common than close contact with a person
		Traveling can increase the spread of COVID-19 and put you at risk for contracting the disease.
		You can also use a virtual care platform,
2.	Will (willingness, prediction)	This distance will help you avoid direct contact with respiratory droplets produced by coughing or sneezing.
		outdoor settings with enough space to distance and good ventilation will reduce risk of exposure.
3.	May (probability, possibility)	The CDC states that these viruses may be able to infect people who are further than 6 feet away from the person who is infected

		It may be possible that a person can get COVID-19 by touching a surface or object
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2. True of False Exercises (page 27)

- a. People who are sick and show symptoms *can* going to the nearby hospital. (F)
- b. Delay of implementation of protocols *will* increase the spread of COVID-19. (T)
- c. The virus *has to* taking social distancing and wearing of masks a critical way to keep safe. (F)
- d. All applicants *must* taking PCR test or antigen before class to prevent the spread of COVID-19. (F)
- e. Selena, you *must* use mask and wash your hand after you go outside during pandemic. (T)
- f. I'll be home a little late. I *should* take vaccine in the hospital after work. (T)
- g. Patients of COVID-19 *can* to leave the hospital without their doctor's permission. (F)
- h. You *must not* introduce me your doctor. We've already met. (T)
- i. Physical exercise *can* improve your mental state during quarantine at home. (T)
- j. You *can* learning the treatment of covid-19 symptom by asking to the doctor. (F)

3. Answers will vary (page 28)

CHAPTER 8

A. READING COMPREHENSION (page 30)

1. Previously, coughing and sneezing were common for society, but why are they unusual thing during a pandemic?
Answer: Since the beginning of the global pandemic, coughing and sneezing in public can increase of spread the covid-19.
2. What does spreads if the person next to us coughs?
Answer: If the person next to us coughs the tiny droplets will have been carried through the air, potentially landing on your neighbor, contributing to the spread of the novel coronavirus.
3. Why do wash your hands” and “sneeze or cough into your elbow” become a good habit for us?
Answer: The scientists consider this to be the best way of preventing respiratory droplets from spreading through the air.
4. How to use a good tissue during a pandemic?
Answer: It can be tricky *to act* fast enough when it's an uncontrollable reflex, but if you have the time, don't hesitate to get out a tissue *to help* stop the spread of respiratory droplets.
5. What will we use after using a tissue after we cough and sneezing?
Answer: throw away the tissue immediately after use and clean your hands with soap and water or with hand sanitizer.

B. INFINITIVES

a. Identify Infinitives from text (page 31)

No	Kind of infinitives	The sentence
1.	Infinitives after verbs.	And that can only be a good thing as fall sees the first of this winter's viruses start to do the rounds
		try not to touch other people with this part of your body.
2.	Infinitives after adjectives	Is it possible to sneeze or cough into your elbow when wearing a mask?
		While it's impossible to stop yourself from coughing or sneezing, there are ways of doing so that can limit the spread of covid-19,
		But is it possible to sneeze or cough into your elbow when wearing a mask?
		It's important to bear that in mind! Another option is to sneeze or cough into a disposable tissue.
		It can be tricky to act fast enough when it's an uncontrollable reflex,
3	Infinitives of purpose.	Learning how to respond to this reflex action
		The advice endlessly given to children to remind them of good hygiene practices is usually the best advice for adults too
		“Wash your hands” and “sneeze or cough into your elbow” are good habits to get into, no matter what your age.
		but if you have the time, don't hesitate to get out a tissue to help stop the spread of respiratory droplets.
		the scientist recommends covering your mouth and nose with the tissue to prevent particles from escaping,
		now is the time to start carrying a spare mask at all times.

b. Multiple choice's exercises (page 31)

- It's _____ tissue when you cough and sneezing in the public.
Answer: A. important to use
- It's _____ hand always clean that help prevent the spread of serious respiratory illnesses.
Answer: D. Safe to keep
- Remember _____ hand after blowing your nose, coughing or sneezing.

- Answer:* B. To wash
4. Before coronavirus, it was _____ to work or school with a mild cough or runny nose.
- Answer:* A. Normal to go
5. A face mask is _____ the rate of your respiratory droplets going out in the open air.
- Answer:* B. Important to reduce

c. Answers will vary (page 32)

d. Matching's exercise. (page 32)

- | | |
|---------------------------------------|--|
| __d__ 1. I read website | a. to avoid the spreading of covid 19. |
| __c__ 2. I remind children quarantine | b. to record TV program when |
| __a__ 3. I keep distance | c. to wash their hand before they eat. |
| __e__ 4. I need vacation world | d. to know what is happening in the |
| __b__ 5. I signed up for a cable tv | e. to get away from it all! |

e. Answers will vary (page 33)

CHAPTER 9

A. READING COMPREHENSION (page 35)

1. What are the main benefits of COVID-19 vaccine?
Answer: The main objectives of vaccine to reduce the spread of COVID-19.
2. Who has thoroughly tested the covid 19 vaccine?
Answer: Covid-19 vaccines have been tested by multiple drug administration authorities in the world. They are proven to be effective in reducing your probability of contracting COVID-19.
3. Is the covid 19 vaccine dangerous related to immunity? why or why not?
Answer: Yes, Vaccinations are known to boost your immune system by teaching your body how to fight threats. Therefore, many consider vaccinations as a way to build up your immune system and the manner in which your body reacts to foreign bodies
4. Why are people still afraid to get vaccinated?
Answer: Since the vaccine still not proven yet.
5. What should the government do to reduce people's fear of the COVID-19 vaccine?

Answer: There are no reasons for any individual to avoid a Covid-19 vaccination and it is the responsibility at Pathkind labs to dismiss any fears anyone has of the vaccination.

B. THE PASSIVES

a) Identify The Passives from text (Page 36)

No	Tenses	Passive sentences
1.	Past tense	<u>Vaccinations against Covid-19 were developed using science</u> that has been in the books for ages
2.	Simple Present	<p><u>Covid-19 specific vaccinations are constantly monitored by multiple health organizations purely</u> because of all the pandemonium this virus has caused across the world.</p> <p><u>Once you are vaccinated,</u> your body is much better prepared to shield off more viruses by making your immune system stronger.</p> <p><u>Vaccinations are known to boost your immune system by teaching your body</u> how to fight threats.</p> <p><u>Pathkind labs are certified at testing for Covid-19</u> as well as various other infections, diseases and viruses.</p>
3.	Present Perfect	<p><u>Covid-19 vaccines have been tested by multiple drug administration authorities</u> in the world.</p> <p>If a vaccine is certified, you can be certain <u>it has been tested through proven methods.</u></p>

b) Multiple choice's exercises (Page 37)

- Now that effective vaccines for COVID-19 have been developed and _____ to members of the public, it is key to understand the benefits of the COVID-19.
Answer: D. are being distributed
- With these antibodies, your body _____ to prevent and fight Covid-19 infection
Answer: C. will be trained
- The more people who _____, the less likely it is that an infected person will pass the disease on to other people.
Answer: C. are vaccinated
- The immune system in the body _____ by covid-19 vaccination with causes covid-19 disease.
Answer: B. is protected
- The progress of this vaccine needs _____

Answer: A. to be evaluated

c) Complete the sentences. (Page 37)

1. The first antibiotic, penicillin (discover) _____ **was discovered** _____ by Alexander Fleming in 1928.
2. You (prevent) _____ **will be prevent** _____ from becoming seriously ill even if you contact the virus.
3. Schools (close) _____ **has been closed** _____ since March 2020 and 42 million children off from their education and the support networks many rely on to stay safe.
4. Herd immunity against COVID-19 (achieve) _____ **is being achieved** _____ by protecting people through vaccination, not by exposing them to the pathogen that causes the disease.
5. Vaccinated people (protect) _____ **will be protected** _____ from getting the disease that makes decrease the immunity of body.

d) Rewrite the sentences. (Page 38)

1. During the discussion, somebody told the vaccines' importance in preventing the Covid-19 virus spread.

Answer: During the discussion, we were told the the vaccines' importance in preventing the Covid-19 virus spread.

2. They cancelled vaccine because of afraid with the effect of vaccine COVID-19.

Answer: Vaccine were cancelled because of afraid with the effect

3. People warned us not go outside before take vaccine to prevent the spread of COVID-19

Answer: We were warned not to go outside before take vaccine to prevent the spread of COVID-19

4. Somebody cleans the room everyday with disinfectant and always wash hand after outside.

Answer: The room is cleaned everyday with disinfectant and always wash hand after outside.

5. People should tell global leaders to end the pandemic by supporting vaccine equity.

Answer: Supporting Vaccine Equity is told global leaders to end the pandemic

e) Answers will vary (Page 38)

CHAPTER 10

A. READING COMPREHENSION (Page 41)

1. As we know, it is more important than ever to keep your home and office disinfected and free from harmful bacteria and viruses. How long can the corona virus survive on items around us?
Answer: The study says that the current coronavirus can last up to 5 days.
2. How many germs and viruses in the keyboard that we touch often?
Answer: The keyboard is one of the office tools *that* you touch often, it has over 9000 germs per square inch where normal cleaning is never enough
3. What can we do to keep the sofa clean from viruses?
Answer: We can book a sofa cleaning and mattress cleaning service to clean both items thoroughly.
4. Why germs are microorganisms that are difficult to kill?
Answer: Since they are able to move easily from one place to another through your hands and can cause poisoning or affect your digestion.
5. Who can help us spray disinfectant in our homes and offices?
Answer: the service personnel *who* help you stay safe at home and return your service during the lockdown.

B. ADJECTIVE CLAUSE

C. Identify adjective clause from text. (Page 41)

No	Main clause	Adjective Clause (subordinate clause)
1.	In light of the COVID-19 pandemic	<i>that is currently happening,</i>
2.	Are you aware that <u>the items</u>	<i>that you often touch at home</i> can have germs and viruses?
3.	There are still thousands or <u>more viruses and germs</u>	<i>that stay inside</i>
4.	The keyboard is one of <u>the office tools</u>	<i>that you touch often,</i>
5.	Use disinfection for <u>your home</u>	<i>where you can kill 99.9% viruses and germs.</i>
6.	Germs are <u>microorganisms</u>	<i>that are hard</i> to kill.
7.	You can contact <u>the service personnel</u>	<i>who help you stay safe</i> at home and return your service during the lockdown.

a) Multiple choice's exercises (Page 42)

1. *Disinfectants* are chemical agents applied to non-living objects in order to destroy bacteria, viruses, fungi living on the objects _____ been used for pandemic era.

Answer: D. that have

2. The doctor _____ was a specialist for patient covid-19.

Answer: C. Who I saw

3. Cleaning and disinfectant procedures are crucial thing between people or items _____ of microorganisms.

Answer: B that control the transfer

4. The potential of transfer the _____ from the indirect contamination of equipment or facilities at home and office

Answer: C. microorganisms that are

5. The disinfectant spray _____ is on the cupboard is mine.

Answer: A. which is

b) Combine the sentences. (Page 42)

1. You should be aware with your items during pandemic especially the keyboard laptop or computer. It you often touch in the office.

Answer: You should be aware with your items during pandemic especially the keyboard laptop or computer that you often touch in the office.

2. Cleaning and disinfecting are critically important in your home and office. It prevents the spread of COVID-19.

Answer: Cleaning and disinfecting are critically important in your home and office that prevents the spread of COVID-19.

3. The disinfectant spray wasn't very good. We bought last it night.

Answer: The disinfectant spray which we bought last night wasn't very good.

4. The hospital is next to the department store. It has a complete equipment for COVID-19.

Answer: The hospital is next to the department store where has a complete equipment for COVID-19.

5. I read an important journal or article. It detailed how easy it is for someone to clean the room using disinfectant.

Answer: I read an important journal or article which detailed how easy it is for someone to clean the room using disinfectant.

c) Answers will vary (Page 42)

CHAPTER 11

A. READING COMPREHENSION (Page 45)

1. Recently, we heard about double mask for protection of Covid-19. What does double mask mean?
Answer: Simply put, this is when you wear two face masks instead of one.
2. Is the use of double masks important? If so, what is the function of using double mask?
Answer: yes, it is. As you're wearing two masks, the outer mask can apply gentle pressure to the edges of the inner mask. In fact, you've probably noticed that you feel air escaping through the sides of your mask when you breathe in and out. The material in a mask filters respiratory droplets containing the virus before you can inhale them.
3. How does combine the using of double mask?
Answer: These can include, cloth masks, surgical masks and KN95 masks.
4. Mention some activities that require using a double mask!
Answer: a double mask can be beneficial when you're, going shopping, visiting the doctor, traveling with others outside your household, such as by plane, train, or public transportation, working a job where you cannot maintain physical distancing.

B. ADVERBIAL CLAUSE

a) Identify adverb clause from text. (Page 46)

No	Adverb clause	Main Clause
1.	Since it comes to masks,	there are a variety of different options to choose from.
2.	.As you're wearing two masks,	the outer mask can apply gentle pressure to the edges of the inner mask.
3.	when you breathe in and out	In fact, you've probably noticed that you feel air escaping through the sides of your mask
4.	before you can inhale them.	The material in a mask filters respiratory droplets containing the virus
5.	because it effectively doubles the layers of material.	Adding a second mask can improve filtration even more
6.	before reaching your face and mouth.	Virus-containing respiratory droplets have to travel through
7.	before using it in public	Try out your double mask at home

8.	Even though breathing may require a little extra effort using double masking,	it shouldn't make breathing difficult.
9.	If you'd like to try double masking,	wear a cloth mask over a surgical mask.
10.	Avoid any other mask combinations because	multiple layers work to better shield your face from respiratory droplets that can contain the virus
11.	While you selecting a cloth mask,	choose one that has at least two or three layers of fabric.
12.	If you can maintain a distance	of at least 6 feet from others outside your household, you can use single mask.
13.	Although the single mask can give good protection,	a double mask can be beneficial when you're, going shopping, visiting the doctor, traveling with others outside your household.

b) Multiple choice's exercises (Page 46)

1. While we were working a job that difficult to maintain the social distancing, we _____ double mask as protection.

Answer: D. applied

2. The using of double masks for children is not recommended _____ can make difficult for them to breathe.

Answer: A. because it

3. We used the double mask _____ our work at the office during pandemic.

Answer: D. until we finished

4. Tim's in good shape physically _____ get much exercise

Answer: A. even though he doesn't

5. _____, he was using double mask to prevent the spread of COVID-19.

Answer: B. When I arrived

c) Combine the sentences. (Page 47)

1. You can use the single mask. You just maintain the distance around 6 feet from others.

Answer: You can use the single mask, if you just maintain the distance around 6 feet from others.

2. You use the double mask to outside. Make sure your mask fully covers your mouth, nose and the sides of your face.

Answer: When you use the double mask to outside, make sure your mask fully covers your mouth, nose and the sides of your face.

3. The mask has a right fit. You will be safe from the spread of COVID -19 as well.
Answer: If the mask has a right fit, you will be safe from the spread of COVID -19 as well.
4. You go into a public space. You almost never know which you'll be—the infected person or the exposed person.
Answer: When you go into a public space, you almost never know which you'll be—the infected person or the exposed person.
5. A person wears one mask on top of another. It is termed as 'double masking'.
Answer: When a person wears one mask on top of another, it is termed as 'double masking'.

d) Answers will vary (Page 48)

CHAPTER 12

A. READING COMPREHENSION (Page 50)

1. In pandemic era, what is self-isolation?
Answer: Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19).
2. What are three main symptoms that you must to self-isolation?
Answer: We are mild, a high temperature, a new, continuous cough and a loss or change to our sense of smell or taste
3. What will happen if we refuse to self-isolate?
Answer: The people around us will be affected of covid-19 virus
4. If we have been in close contact with a person who is positively infected with COVID-19, how long should we be quarantined?
Answer: If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply, you're fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS.

B. CONDITIONAL SENTENCES

a. Identify conditional sentences from text. (Page 51)

No	The conditional sentences
1.	You could be fined if you do not self-isolate.
2.	You should also self-isolate straight away if, you've tested positive for COVID-19.
3.	If someone you live with has symptoms of COVID-19, or has tested positive for COVID-19, you will not need to self-isolate if any of the following apply, you're

	fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
4.	Even if you do not have symptoms, you should still get a PCR test on GOV.UK to check if you have COVID-19 follow advice on how to avoid catching and spreading COVID-19 and consider limiting contact with people who are at higher risk from COVID-19
5.	If they get any symptoms of COVID-19, they should self-isolate and get a test as soon as possible.
6.	You must not leave your home if you're self-isolating.
7.	You may need to self-isolate for longer if you get symptoms while self-isolating or your symptoms do not go away.

c) Answers will vary depend on their choice of type conditional sentences (Page 52)

d) Answers will vary (page 52)