



Virtual Troop Meeting

Be Prepared for Public Health

13 March 2020 • Scouts BSA Troop 98, Whitpain Township, Pennsylvania

Troop Meeting Plan

1. Opening
2. Scout Motto
3. Coronavirus
 - What it is & does, how it spreads
 - Prevention and Protection
 - Spread & Flattening the Curve
 - What to do now
4. Be Prepared
 - Take care of yourself
 - Take care of others
 - Keep learning
 - Have a plan
4. Public Health Merit Badge
 - Requirement 1
 - What is public health?
 - Four diseases: contracting & prevention
 - Type, vectors, prevention, treatment
 - Requirement 2
 - Immunization
 - 8 / 2 / 1 frequencies
 - Immunizations not available
 - Next steps / homework
5. Scoutmaster Minute
6. Closing





The Scout Law



Be Prepared

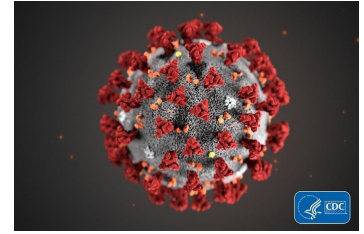
In 1907, Baden-Powell, an English soldier, devised the Scout motto: Be Prepared. He published it in *Scouting for Boys* in 1908.

In *Scouting for Boys*, Baden-Powell wrote that to Be Prepared means “you are always in a state of readiness in mind and body to do your duty.”

More than a century later, preparedness is still a cornerstone of Scouting. Right now is an incredible opportunity for Scouts to put the Scout motto into practice. Tonight’s meeting should help you do this.



Coronavirus - what it is and what it does

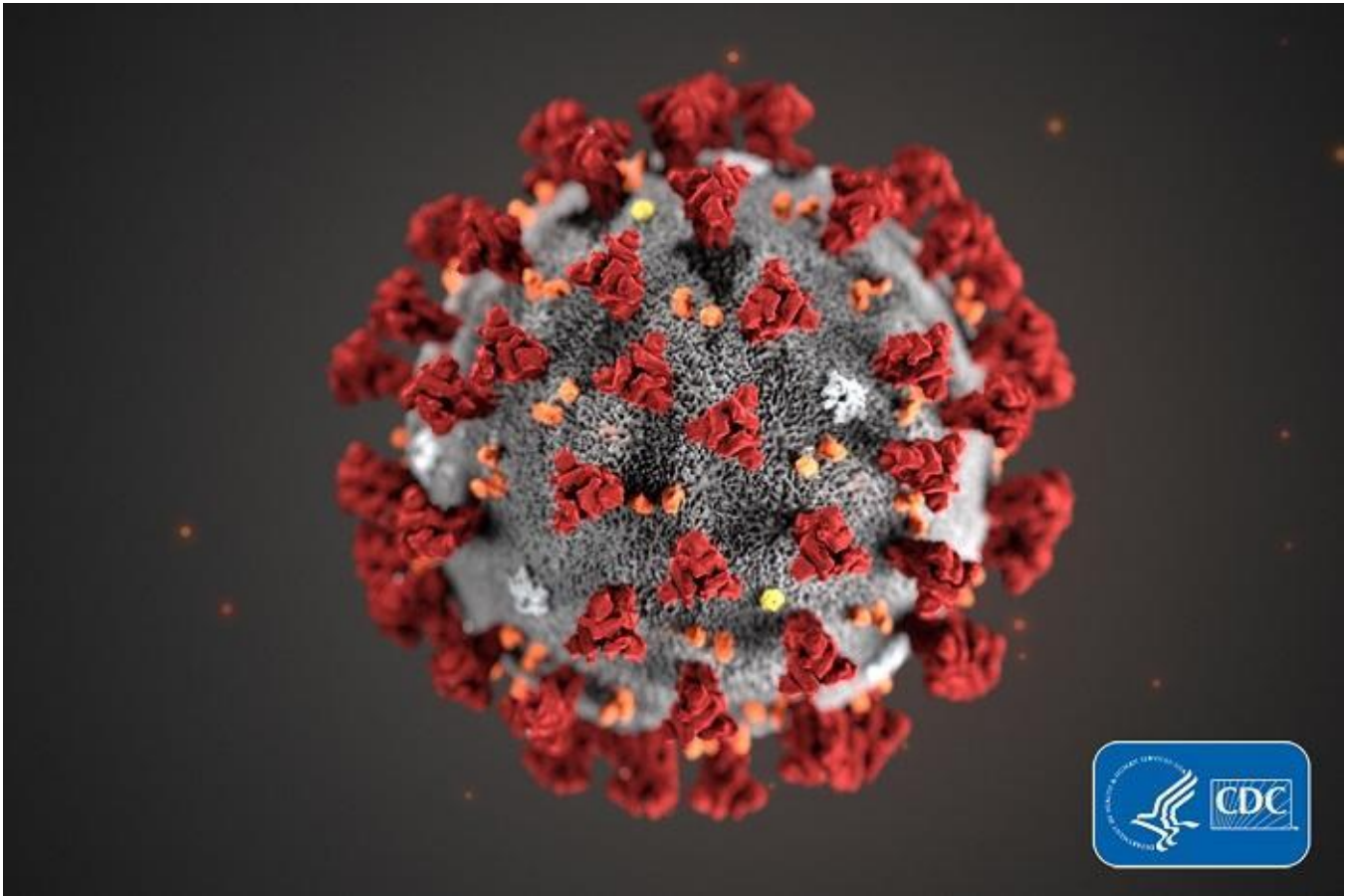


Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

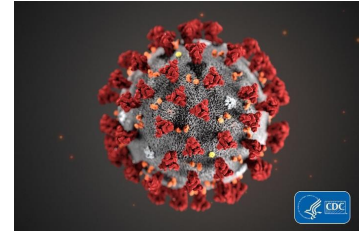
Patients with COVID-19 have had **mild** to **severe** respiratory illness with symptoms of

Fever • Cough • Shortness of breath

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness (like pneumonia in both lungs, multi-organ failure and in some cases death).



Coronavirus - how does it spread?



The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person.

The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

It also 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 is not thought to be the main way the virus spreads.



Coronavirus - prevention / avoid exposure

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).

The best way to prevent illness is to avoid being exposed to this virus.

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.

These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

Coronavirus - prevention / steps to protect yourself

Clean your hands often

- **Wash your hands often with soap and water for at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community.





How to Wash Your Hands

Troop Safety
Officer
John C.

Coronavirus - prevention / steps to protect others

Stay home if you're sick

Cover coughs and sneezes

- Cover your mouth and nose with a tissue or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds.

Wear a facemask if you are sick

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.





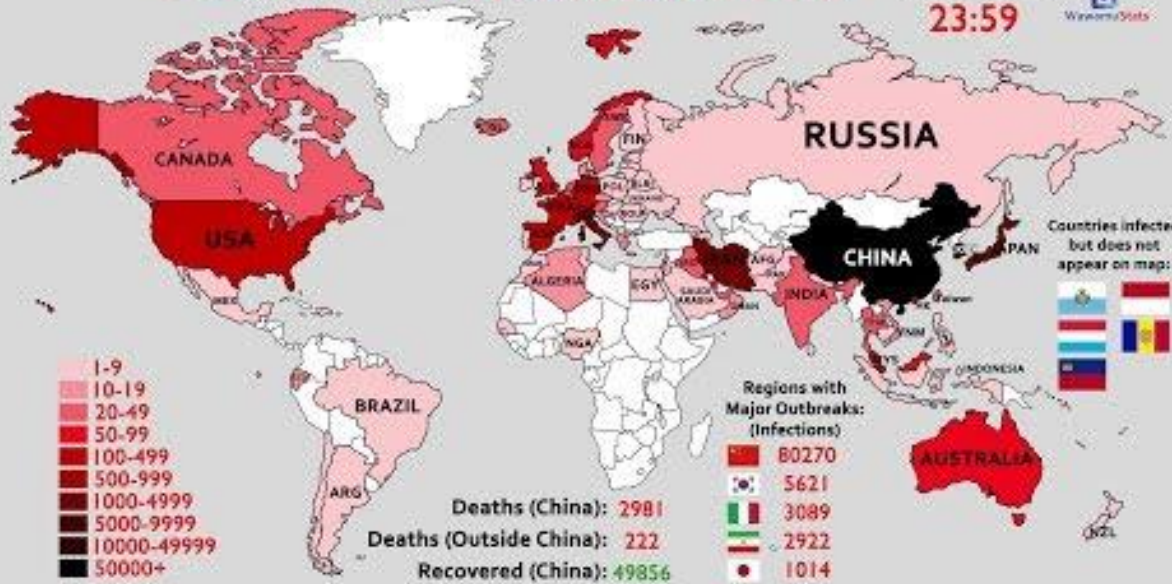
Coronavirus - how it has spread

Coronavirus has spread very quickly. Why?

- It's new and we haven't been looking for it
- Initially there were delays in reporting about it
- The virus itself appears to spread quite effectively
- The world is very interconnected, and at higher speed than ever before

- Some countries responded very quickly and very forcefully; Hong Kong, Singapore

Coronavirus (COVID-19) 03-03 23:59

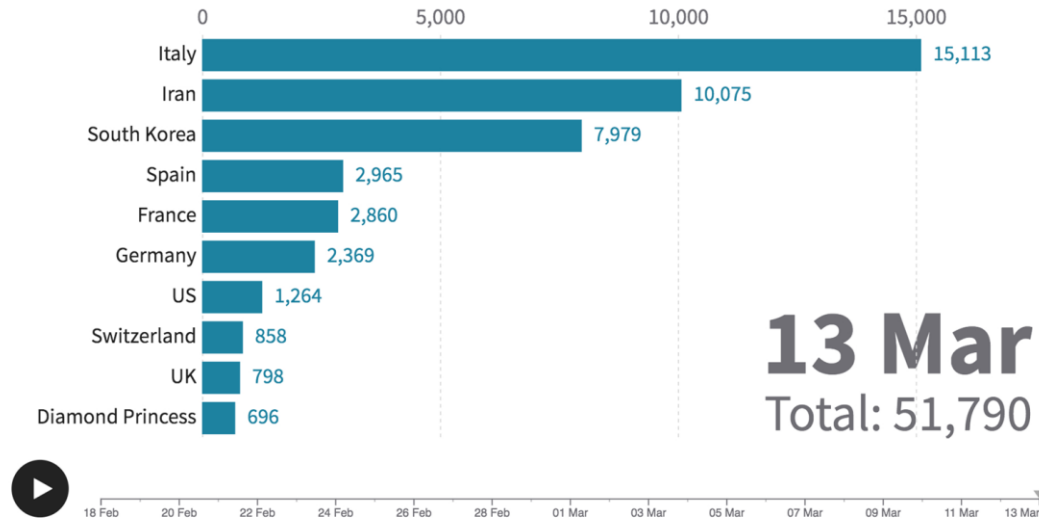


Coronavirus

How it has spread

<https://www.bbc.com/news/world-51235105>

How confirmed cases have spread outside of China



Coronavirus

How it has spread

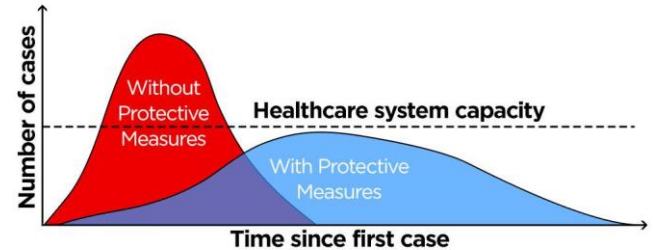


Source: World Health Organisation

BBC

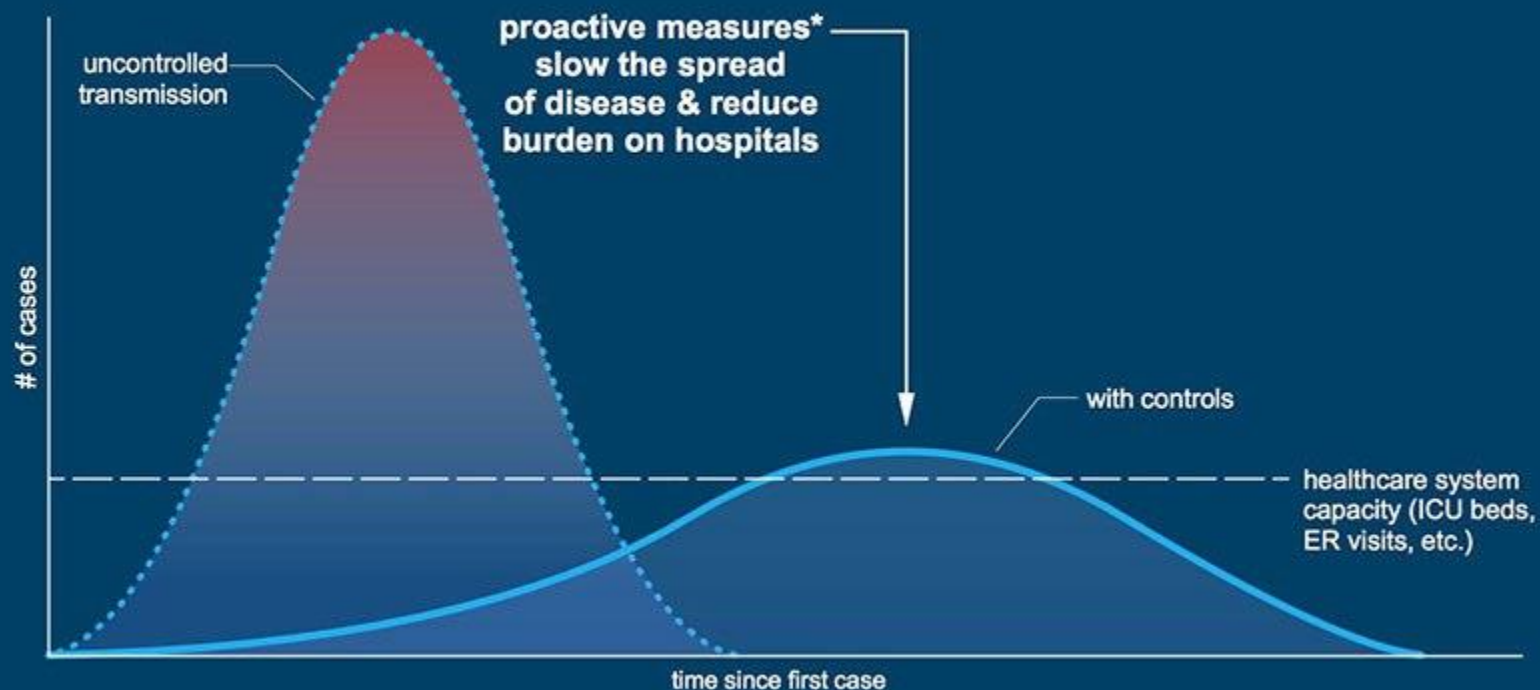
Coronavirus - what we're being asked to do now

- Reduce the spread as much as possible
- Reduce the burden on the health care system
- More time to:
 - increase testing
 - Increase preparedness
 - learn more about the virus
 - improve the odds of fighting it
- How doctors and hospitals are preparing:
Dr. Bob Czincila - Chief, Department of Emergency Medicine
Einstein Medical Center Montgomery



Adapted from CDC / The Economist

LOWER AND DELAY THE EPIDEMIC PEAK



*social distancing such as teleworking, limiting large gatherings, reducing travel or more assertive approaches.

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Carl T. Bergstrom @CT_Bergstrom



Coronavirus - BE PREPARED

- **Take care of yourself** ● PHYSICALLY STRONG, CLEAN, OBEDIENT, TRUSTWORTHY
 - Follow the rules: hygiene, distance, don't shake hands
 - Get your flu shot, take your medications
 - Sleep well, get exercise, healthy diet
- **Take care of others** ● HELPFUL, TRUSTWORTHY, OBEDIENT, CHEERFUL
 - Directly: reinforce good behavior in your family; educate others
 - Indirectly: prevent spread (you could be a carrier); social distancing, don't be bitter



Coronavirus - BE PREPARED

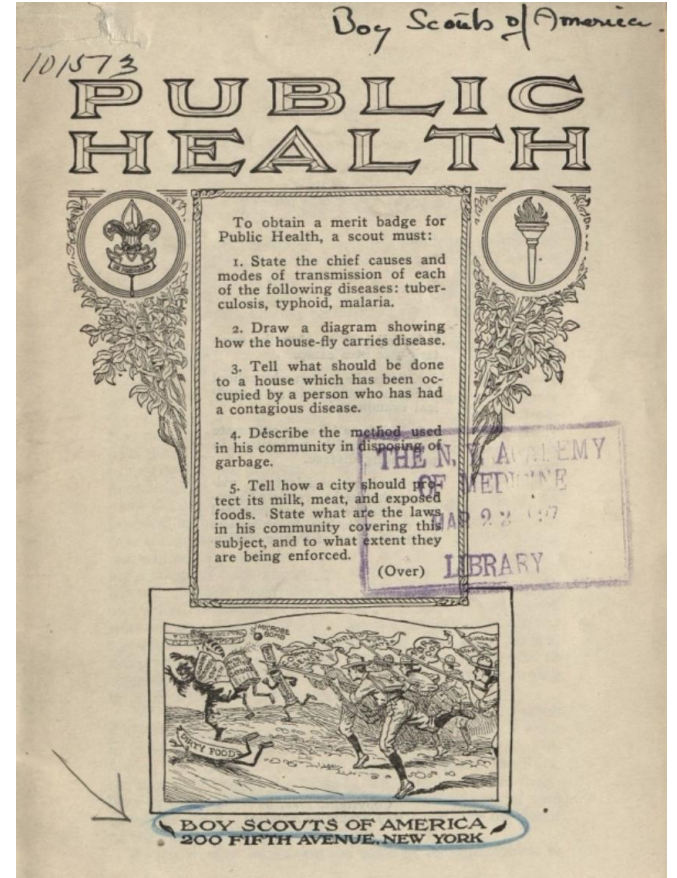
- **Keep learning** ● MENTALLY AWAKE, HELPFUL, LOYAL, BRAVE
 - Identify reliable sources of information that are **science-based** and **data-based**
 - www.cdc.gov
 - Consult your sources regularly; adjust your behavior
 - Don't spread rumors
- **Have a plan if anyone gets ill at home**
 - <https://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html>

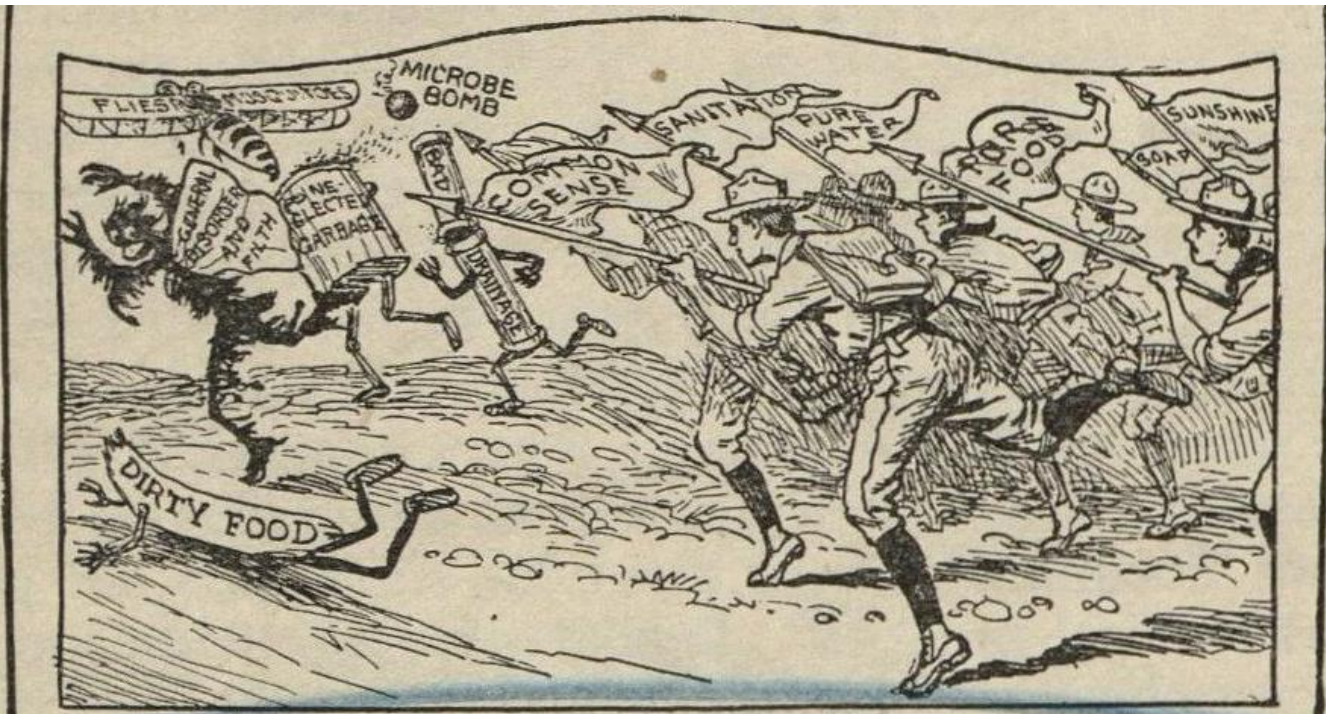


Questions and break



Public Health Merit Badge





BOY SCOUTS OF AMERICA
200 FIFTH AVENUE, NEW YORK

1. Do the following:

- a. Explain what public health is. Explain how Escherichia coli (E. coli), tetanus, HIV/AIDS, malaria, salmonellosis, and Lyme disease are contracted.
- b. Choose any FOUR of the following diseases or conditions, and explain how each one is contracted and possibly prevented: gonorrhea, West Nile virus, Zika, botulism, influenza, syphilis, hepatitis, emphysema, meningitis, herpes, lead poisoning.
- c. For each disease or condition in requirement 1b, explain:
 - i. The type or form of the malady (viral, bacterial, environmental, toxin)
 - ii. Any possible vectors for transmission
 - iii. Ways to help prevent exposure or the spread of infection
 - iv. Available treatments

2. Do the following:

- a. Explain the meaning of immunization.
- b. Name eight diseases against which a young child should be immunized, two diseases against which everyone should be reimmunized periodically, and one immunization everyone should receive annually.
- c. Using the list of diseases and conditions in requirement 1b, discuss with your counselor those which currently have no immunization available.



Public Health Merit Badge

Prezi: <https://prezi.com/4jchujqi2ej6/public-health/>

Please complete 1b and 1c in the worksheet
(<https://sites.google.com/a/bsa98.com/troop-98/advancement>)

We'll tell you later how to submit it (you will be able to do so electronically or in person once we start physical meetings again).

Scoutmaster Minute



- Take care of yourself • PHYSICALLY STRONG, CLEAN, OBEDIENT, TRUSTWORTHY
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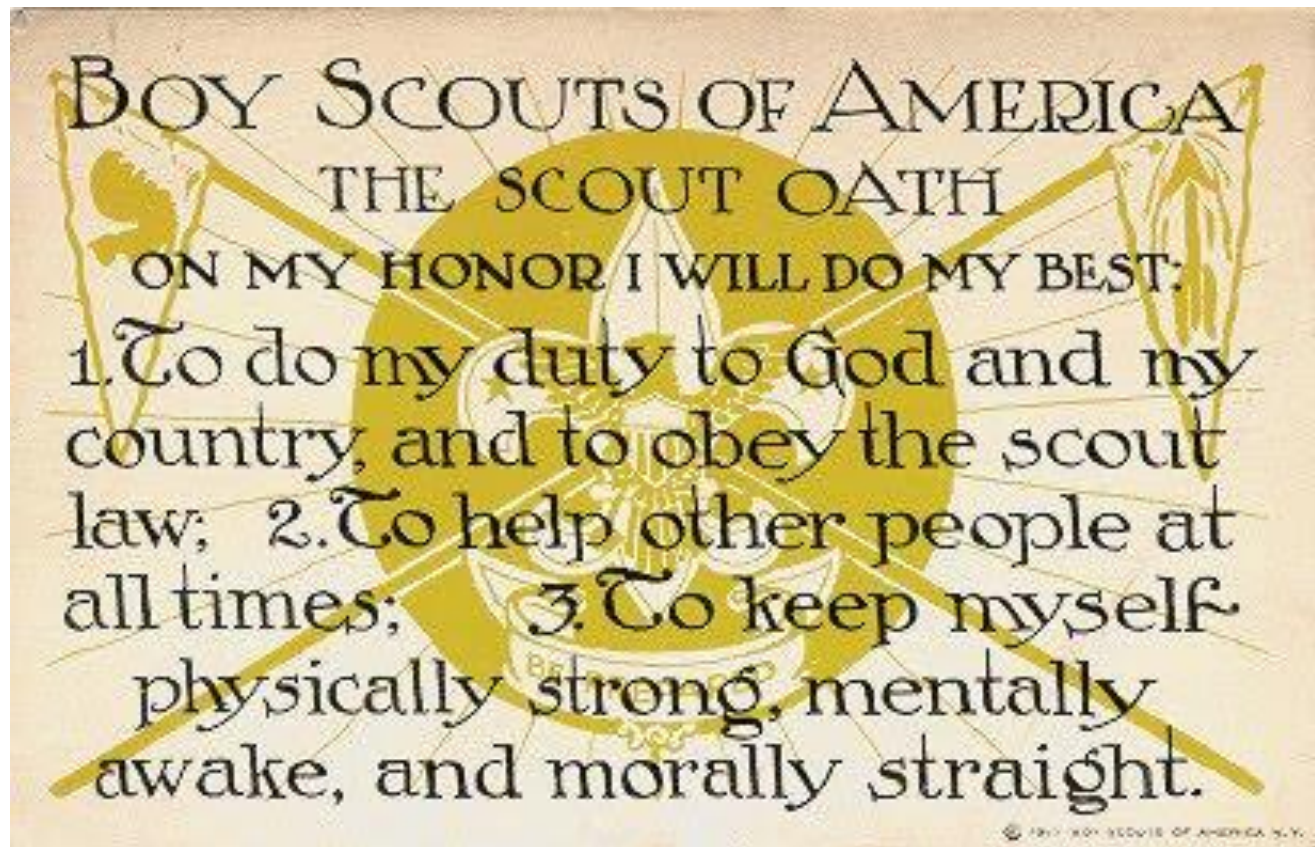
Scoutmaster Minute



When the Apollo 13 oxygen tank failed and the lunar module was in danger of not returning to earth, Gene Kranz, the lead flight director overheard people saying that this could be the worst disaster NASA had ever experienced—to which he is rumored to have responded, “With all due respect, I believe this is going to be our finest hour.”

Imagine if we could make our response to this crisis our finest hour. Imagine if a year or two from now we looked back on this and told the stories of how we came together as a team in our community, in our state, in our nation and across the world. Your contribution to the finest hour may seem small, invisible, inconsequential—but every small act of ‘not doing’ what you were going to do, and ‘doing’ an act of kindness or support will add up exponentially.

—
Closing





www.bsa98.com