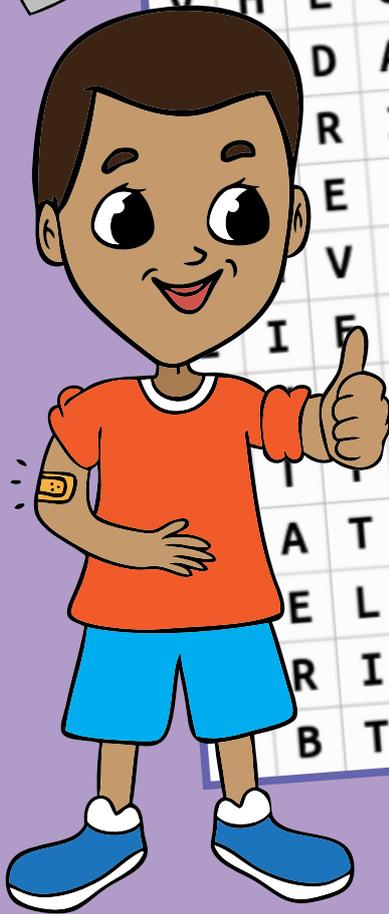
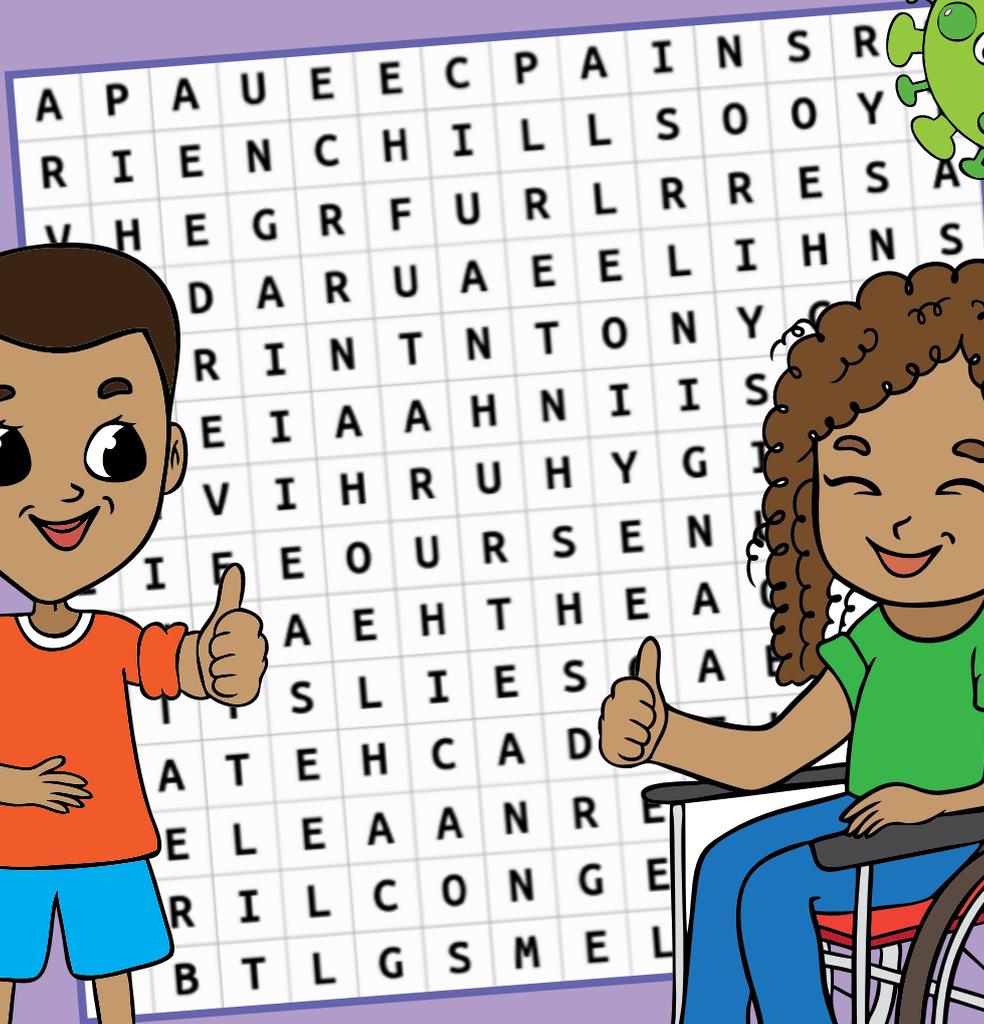
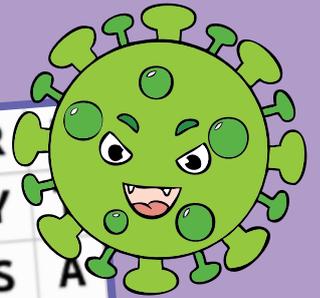


Wellsprings for Women Activity Book



Wellsprings 
for women



www.wellspringsforwomen.com



www.wellspringsforwomen.com

This Activity Book was created as part of a project funded by the Victorian Government through the Multicultural Communications Outreach Program (MCOP). The project involved the development of a series of resources, including a children's story book, a video depicting reflections of women from migrant and refugee backgrounds on the impact of COVID lockdowns on their lives and a children's colouring book.

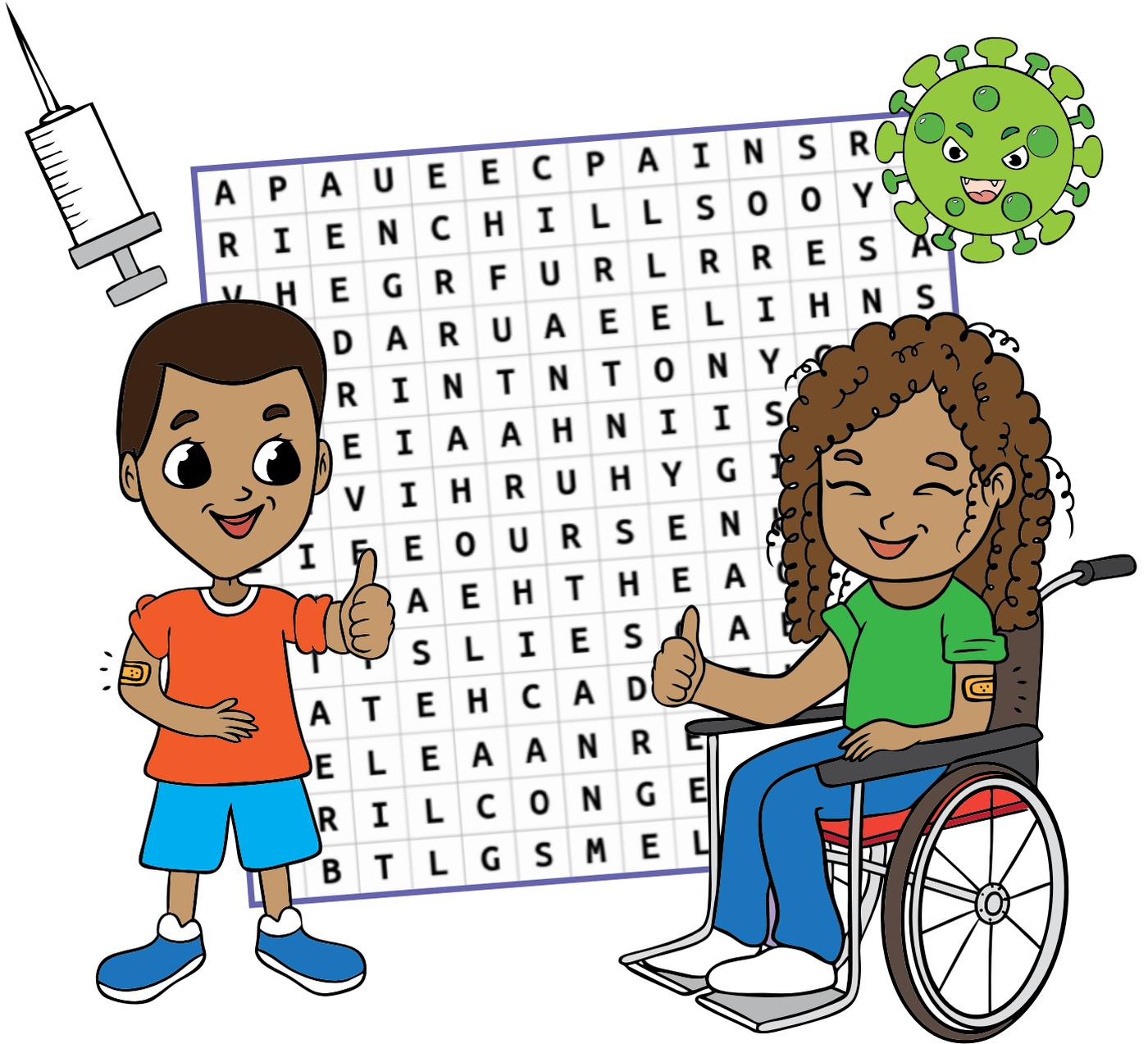
Check our website, Facebook page and YouTube channel to access these further resources.

For more information about COVID-19, visit coronavirus.vic.gov.au or call the 24/7 Coronavirus hotline on 1800 675 398.

If you need an interpreter, call TIS National on 13 14 50.

For further support during this time, call Wellsprings for Women on (03) 9701 3740, or visit us at 79 Langhorne Street, Dandenong, 3175.

Wellsprings for Women Activity Book



Wellsprings
for women

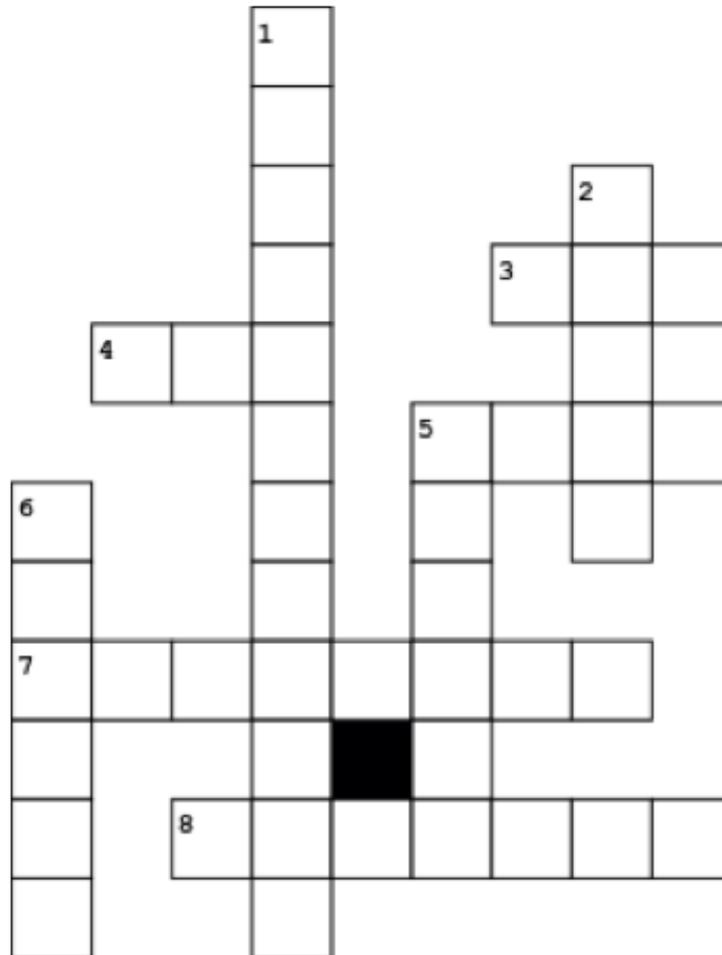


www.wellspringsforwomen.com

Rapid Antigen Test Crossword Puzzle

Rapid antigen tests should be the first option in finding out if you have COVID-19. They are quick, and accurate, especially if you have symptoms or are a close contact to someone who has COVID-19. Rapid antigen tests can be done at home, or at your workplace without needing to see a medical professional. Most rapid antigen tests will provide you with a result within 15 – 30 minutes.

Complete the crossword below to find out more about rapid antigen tests.



Across

3. The acronym or abbreviation for rapid antigen tests.
4. This is the other type of test you can take to determine whether or not you have COVID-19. These tests cannot be self-administered (which means done to yourself).
5. One of the items that comes with your test kit. It is a sterile stick with cotton at the tip, that you put up your nose or in your mouth.
7. If you get a ____ result, you have COVID-19.
8. This is the word used when your test does not work. When your test is _____ you need to repeat the test.

Down

1. Before doing the rapid antigen test, you must read these to know how to complete the test correctly.
2. This is a term used to describe the type of rapid antigen test. Clue: It has something to do with your nose!
5. One of the bodily fluids used to determine your result. This fluid comes from your mouth.
6. This is what you must do if you detect a positive result. You can do this online or by calling the Coronavirus hotline on 1800 675 398.

mRNA: Word Match Puzzle:

Vaccines help reduce the spread of disease and reduce the risk of you getting severely ill. There are two types of approved messenger RNA (mRNA) COVID-19 vaccines available in Australia; Pfizer and Moderna. mRNA vaccines work by training the body to fight against COVID-19.

The vaccine cannot give you COVID-19.

Match the words on the left to the ones they relate to on the right.

Immune	Effects
Heard	Antibodies
Messenger	Effective
Spike	System
Safe and	RNA
Side	Proteins
Produces	Immunity

Rapid Antigen Test Missing Letters Game

Rapid antigen tests can be purchased from many places; including chemists, supermarkets or online from selected suppliers. You may also be able to collect some for free from a local COVID-19 testing site. Once you have secured a rapid antigen test, there are a few important things to remember to make sure that you will get an accurate result.

- Remember to keep the testing kit in a cool, dry place. Do not keep it in the sun or in the fridge or freezer.
- Make sure you wash your hands well with soap and warm water before taking the test.

To learn more about rapid antigen tests, find the missing letters from the list below. There are some clues to help you.

S _ L _ T I _ N

After swabbing your nose and/or throat, you must place your swab inside this chemical liquid sometimes referred to as the 'buffer'.

D _ P A _ T M _ N _ _ F _ _ H _ A L T _

The acronym used to abbreviate the government body where we can get trusted information about COVID-19. Note: In February 2021, The Department of Health and Human services separated into two new departments, the DFFH (Department of Families, Fairness and Housing), and the ____ _ ____.

A N _ _ G _ N

The second word in the abbreviation RAT.

C _

When completing a nasal test, these two letters are printed on the cartridge.

T _ _ R T _

Before you conduct a rapid antigen test, you must not eat, drink, smoke/vape, brush teeth or chew gum for ____ minutes.

_ O _ L I N _

You can use this to report your result from your rapid antigen test. It is a telephone number called the Coronavirus _____.

E _ _ I _ Y

Before taking a rapid antigen test, you must check if it is out-of-date. This term is used to describe that date.

Symptoms of COVID-19 Word Search

Symptoms refer to the physical or mental feelings caused by sickness. Symptoms of COVID-19 can range from mild to severe. When symptoms are mild they are not strong or harsh. When symptoms are severe, they are dangerous and intense. Symptoms of COVID-19 are similar to other illnesses, such as colds, flu or allergies. If you have any symptoms, you must get tested.

Complete the word search below, to find all the symptoms of COVID-19.

A	P	A	U	E	E	C	P	A	I	N	S	R	F
R	I	E	N	C	H	I	L	L	S	O	O	Y	T
V	H	E	G	R	F	U	R	L	R	R	E	S	A
O	R	D	A	R	U	A	E	E	L	I	H	N	S
M	I	R	I	N	T	N	T	O	N	Y	G	E	T
I	G	E	I	A	A	H	N	I	I	S	U	E	E
T	N	V	I	H	R	U	H	Y	G	I	O	Z	M
I	I	E	E	O	U	R	S	E	N	U	C	I	A
N	H	F	A	E	H	T	H	E	A	O	E	N	E
G	T	T	S	L	I	E	S	O	A	B	S	G	A
E	A	T	E	H	C	A	D	A	E	H	V	E	A
I	E	L	E	A	A	N	R	E	R	A	N	O	A
A	R	I	L	C	O	N	G	E	S	T	I	O	N
H	B	T	L	G	S	M	E	L	L	R	I	F	D

FEVER

COUGH

FATIGUE

TASTE

SMELL

DIARRHOEA

HEADACHE

SNEEZING

BREATHING

CHILLS

CONGESTION

NAUSEA

PAIN

RUNNYNOSE

SORETHROAT

VOMITING

Social Distance: Word Match Puzzle:

Social distancing helps prevent the spread of COVID-19. Social distancing means maintaining a physical distance away from people when out in the community. When out in the community it is important to maintain social distancing where possible.

Match the words on the left to the ones they relate to on the right.

1.5	If sick
Physical	Home
Avoid	Crowds
Stay Home	Meters
Sanitise	Masks
Work from	Contact
Wear	Distancing
Close	Hands

Vaccine Certificate: Word Scramble

Once you have been fully vaccinated, you may be asked to prove your vaccination status. You can download your proof of vaccination, also known as your digital certificate, via your myGov app. You can also access your proof of vaccination via the Express Plus Medicare app or via your My Health Record. You then simply show your digital certificate as required. If you do not have access to a smart phone, you can ask your vaccine provider for a paper copy.

Unscramble the letters to find the correct answers:

You can download your certificate via the: app called:

OVGYM

You can also download your digital certificate here:

YM THEHAL ECRDROR or the Express plus Medicare app

When you visit a service, you may be required to check in with:

RQ ODEC

You can save your digital certificate to your:

AMSRT HOPNE LAWTEL

You will need to show your passport and vaccine certificate to:

RATELV SOEERASV

How to Wash Your Hands: Reorder the Steps

Good personal hygiene plays an important role in stopping the spread of COVID-19. Washing your hands is one way to slow down or prevent the spread of COVID-19. If soap or water is not available, you can use an alcohol-based hand sanitiser to clean your hands.

Put these steps in order from 1 to 7

- Rub your hands together for at least 20 seconds.
- Make sure you cover all surfaces of your hands with soap, including the backs of your hands, between your fingers and your thumbs.
- Turn off the tap using a towel or paper towel.
- Wet hands with warm running water.
- Dry your hands thoroughly with a paper towel, a clean hand towel or an air dryer.
- Apply soap – enough to cover all of your hands.
- Rinse hands, making sure you remove all soap.



General Covid 19: What is the picture?

There are a lot of pictures that explain different things about COVID-19. Often these signs include words to explain the meaning, but not always.

What do these images tell us about COVID-19?



COVID-19 Vaccinations: TRUE or FALSE

There is a lot of information in the community regarding COVID-19. Sometimes it is difficult to know what a myth is and what is a fact. It is important to check where this information is coming from before believing what you read or are told.

Highlight whether the following statements are myths or facts...

There is no evidence that the vaccine causes infertility, and the vaccine is safe for pregnancy.

TRUE or FALSE

I do not need to wear a mask after getting the vaccine.

TRUE or FALSE

If I have had Covid, I do not need to get the vaccine.

TRUE or FALSE

Vaccines contain egg protein.

TRUE or FALSE

Vaccines can change your DNA.

TRUE or FALSE

Children cannot transmit COVID-19.

TRUE or FALSE

Even if you do not have a fever, you may still have COVID-19.

TRUE or FALSE

General Covid-19 Information: Cryptogram

What website can you go to for general information about COVID-19?
Can you work out the missing letters to solve the puzzle?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
25	20	6		11	8	15	19					13	21					3	12	2	10			17	

__F Y__U HAVE __UEST__ __NS AB__UT C__V__ __-19
 22 8 17 14 2 19 25 10 11 4 2 11 3 12 22 14 21 3 25 20 14 2 12 6 14 10 22 26

Y__U CAN G__ T__
 17 14 2 6 25 21 15 14 12 14

__ __ __ .C __ __ __ N A V __ __ US . V __ C . G __ V . A U
 5 5 5 6 14 1 14 21 25 10 22 1 2 3 10 22 6 15 14 10 25 2

AN__ SE__ECT Y__U__ __ANGUAGE.
 25 21 26 3 11 18 11 6 12 17 14 2 1 18 25 21 15 2 25 15 11

Decode the message

Each letter in the phrase has been replaced with a random letter or number.
Try to decode the message.

How to get Vaccinated for COVID-19: Maze

Organising to get the COVID-19 vaccine can feel complicated and overwhelming – like finding your way through a maze! Make your way through the maze and work out the order of the steps. Number the coloured shapes as you go and let the maze help you put the step in the correct order.

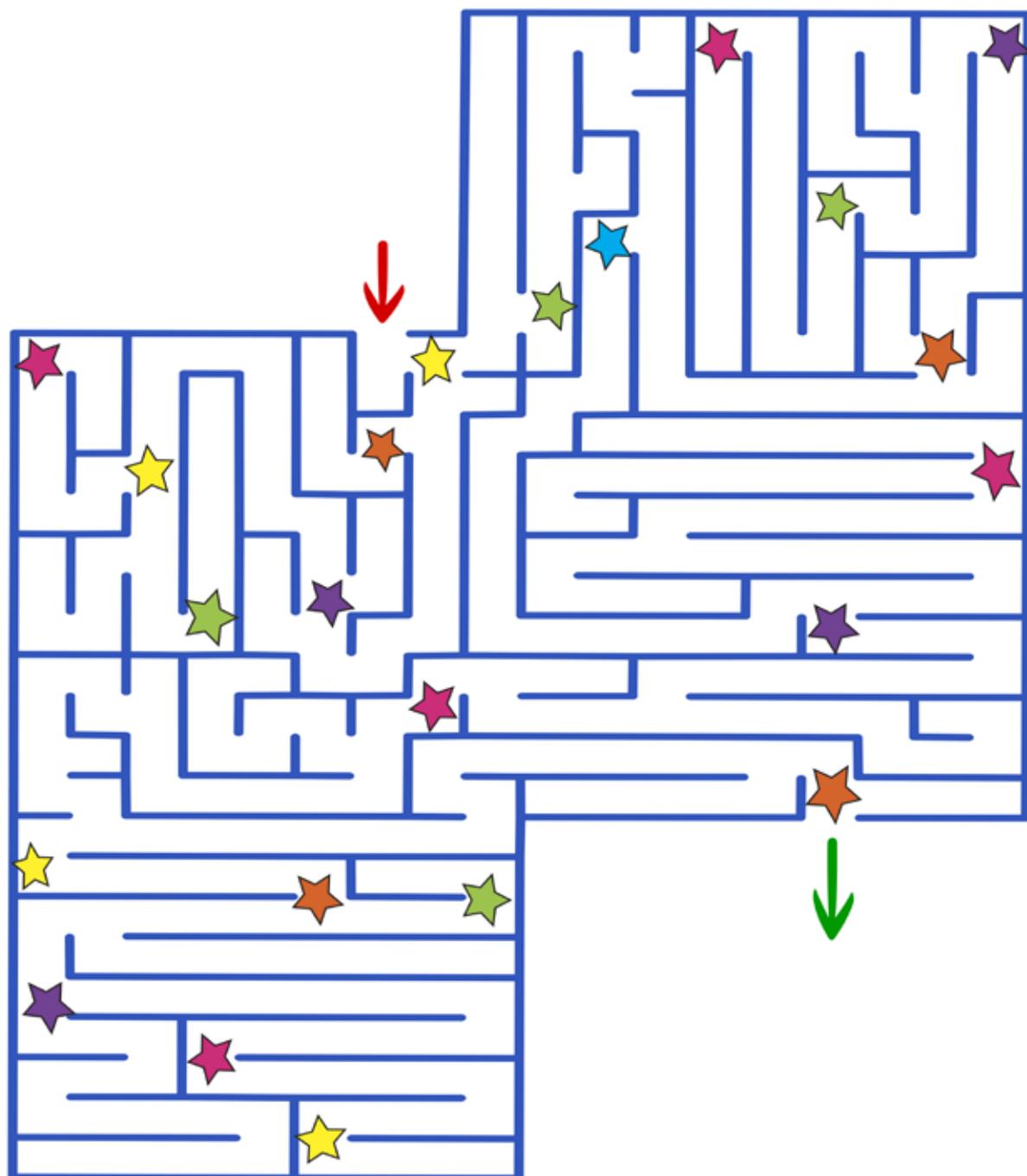
-  Book an appointment with the pharmacy, GP or head to a walk-in clinic.
-  Make sure that you have your Medicare card.
-  Attend your appointment on time. Check-in and wear a mask.
-  Fill in consent forms and medical information.
-  Roll-up your sleeve to expose your upper arm. The worker will clean the area, and administer the vaccination.
-  Wait in the clinic for 15 minutes before leaving.

PLEASE NOTE: You may have a sore arm and feel a bit tired or unwell for a few days after the vaccine.

How to get Vaccinated for COVID-19: Maze

Find your way through the maze to learn the steps of being vaccinated for Covid-19.

Number the shapes on the way.



Answers

p4. Rapid Antigen Test Crossword Puzzle

Across:

3. RAT
4. PCR
5. Swab
7. Positive
8. Invalid

Down

1. Instructions
2. Nasal
5. Saliva
6. Report

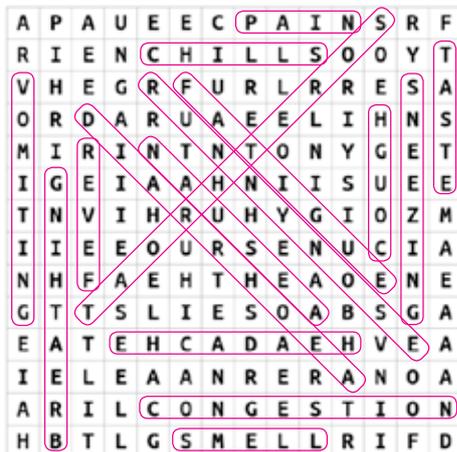
p5. mRNA - Word Match Puzzle

IMMUNE - SYSTEM, HEARD - IMMUNITY, MESSENGER - RNA, SPIKE - PROTEINS, SAFE AND - EFFECTIVE, SIDE - EFFECTS, PRODUCES - ANTIBODIES.

p6. Rapid Antigen Test Missing Letters Game

SOLUTION, DEPARTMENT OF HEALTH, ANTIGEN, CT, THIRTY, HOTLINE, EXPIRY.

p7. Symptoms of COVID-19 Word Search



p8. Social distance: Word Match Puzzle

1.5 - METERS, PHYSICAL - DISTANCING, AVOID - CROWDS, STAY HOME - IF SICK, SANITISE - HANDS, WORK FROM - HOME, WEAR - MASKS, CLOSE - CONTACT.

p9. Vaccine certificate Word Scramble

MYGOV, MY HEALTH RECORD, QR CODE, SMART PHONE WALLET, TRAVEL OVERSEAS.

p10. How to wash your hands: Reorder the steps

(in order ascending to descending)
4, 3, 6, 1, 7, 2, 5.

p11. General Covid: What is the picture?

(left to right, top to bottom)
Cough into your elbow, Use hand sanitiser, Vaccine certificate, How to wear a mask, RAT test, QR code, Social distancing how to wash your hands.

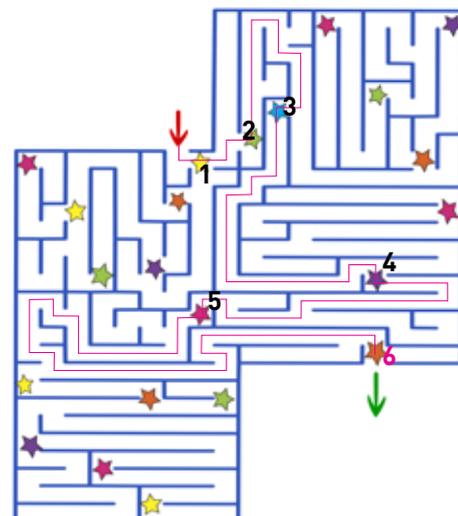
p12. COVID-19 Vaccinations: TRUE or FALSE

TRUE, FALSE, FALSE, FALSE, FALSE, FALSE, TRUE.

p13. General COVID-19 Information: Cryptogram

IF YOU HAVE QUESTIONS ABOUT COVID-19 YOU CAN GO TO WWW.CORONAVIRUS.VIC.GOV.AU AND SELECT YOUR LANGUAGE.

p14. How to get Vaccinated for COVID-19: MAZE





www.wellspringsforwomen.com

Wellsprings for Women is a women's only not-for-profit organisation that provides a range of programs and services that support and build women's capabilities, self-determination and health and wellbeing. We operate in Dandenong, and outreach to Casey and Cardinia. We use a trauma-informed, intersectional approach to our work which is underpinned by community development principles, human rights, and gender equality.

The production and publishing of this activity book was funded by the Victorian Government through the Multicultural Communications Outreach Program (MCOP).

For more information about COVID-19, visit coronavirus.vic.gov.au or call the 24/7 Coronavirus hotline on 1800 675 398. If you need an interpreter, call TIS National on 13 14 50.

For further support during this time, call Wellsprings for Women on
(03) 9701 3740.

Wellsprings for Women Activity Book
First published in 2022 by Wellsprings for Women
79 Langhorne Street Dandenong, VIC, 3175
www.wellspringsforwomen.com
administration@wellspringsforwomen.com

Copyright © Wellsprings for Women 2022

For further support during this time, call Wellsprings for Women on **(03) 9701 3740**

79 Langhorne Street Dandenong, VIC, 3175
www.wellspringsforwomen.com
administration@wellspringsforwomen.com

Copyright © Wellsprings for Women 2022

