
Session Plan: Using the internet to find reliable information on coronavirus (COVID-19)

Session overview:

This session will give learners knowledge of two reliable sources for information on the current coronavirus (COVID-19) outbreak. There are many websites that are giving sensationalised or incorrect information about coronavirus and it is important to help learners understand these are not to be trusted. Learners will gain confidence in using the internet to stay updated and check the symptoms of coronavirus through hands-on experience of using the websites.

Learning objectives:

To increase confidence with using the internet to find information on the coronavirus outbreak, along with being able to identify when a website is reliable.

Suggested session length:

75 minutes

Prior to the session:

- Print sufficient copies of the "Finding accurate and reliable information regarding Coronavirus (COVID-19)" (https://www.beconnectednetwork.org.au/sites/default/files/coronavirus_tip_sheet.pdf) tip sheet.
- Print sufficient copies of the "HealthDirect - what do you know?" activity handout (included in this session plan).
- Print sufficient copies of the "Health advice - Julie" activity handout (included in this session plan).

Prior knowledge:

Before you hold this session, have a chat to learners prior to them attending and make sure they are familiar with the following:

- Using search engines

There is a session plan available in the Be Connected resources section of the Network Partner website (<https://www.beconnectednetwork.org.au/training-resources/session-plans>) if you require it.

Section	Timing	Activity	Assessment
Introduction	5 minutes	Group discussion around researching health information. How many of the learners have done this before? Did they find the information to be reliable and trustworthy?	Seeing how learners respond to questions on the topic will allow you to tailor the session accordingly.
Demonstration - HealthDirect	10 minutes	Distribute and go through the tip sheet "Searching the internet for health and wellbeing information". Show learners how to use Google to search for information on coronavirus from the HealthDirect website (https://www.healthdirect.gov.au/coronavirus) by searching for "coronavirus healthdirect". Go through this page with learners, noting the .gov suffix, and show them how to navigate it.	Ask some questions as you're doing the demonstration, such as "why does adding HealthDirect to a search help me find more reliable information". If learners were listening when you went through the handout they should be able to answer. Let them refer back to the document if necessary.
Practical activity	15 minutes	Ask learners to find the coronavirus page on the HealthDirect website and answer the questions on the "HealthDirect - what do you know?" activity sheet.	
Break - 10 minutes			
Demonstration - Alerts and travel	10 minutes	The Department of Health has created a health alert page that is updated daily (https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert). Show	

		<p>learners how to find this by going to Google and searching for “coronavirus health alert”. It should be the first result. Open the link and show learners around the website.</p> <p>Show learners the smartraveller.gov.au website. Enter a destination in the search bar and show learners the information they can find out.</p>	
Practical activity	15 minutes	<p>Give learners the handout “Health advice for Julie”. Ask learners to work through the activities on the sheets.</p> <p>Remind learners that you’re there to support them and to ask as many questions as they need to.</p>	Work your way around the room when learners are doing this and check everyone is comfortable with the task.
Group discussion	5 minutes	<p>Bring the group back together and go through what learners chose and why. If learners got answers wrong, explain why the correct answer is the one they should have chosen.</p>	Learners should have gotten most of the answers correct.
Session review and wrap-up	5 minutes	<p>Refer back to the learning objectives and ask learners if they feel more confident with researching health-related topics online.</p>	Learners should respond positively and feel empowered to go away and do this on their own.

Suggested next steps:

If learners have a smartphone or tablet, they may wish to learn about how to find and download health-related apps onto their devices (https://www.beconnectednetwork.org.au/sites/default/files/sessionplan_reliable_websites.pdf).



HealthDirect - What do you know?

HealthDirect Australia is a national, government-owned, not-for-profit organisation. They have been helping Australians manage their health and wellbeing for over a decade through a range of different information and advice services.

This activity sheet aims to help you to explore key information from the HealthDirect relating to Coronavirus. It asks you to find important facts about caring for you and your family/friends.

Step One: Search for reliable information

Open your internet browser

Go to www.google.com

Type "coronavirus healthdirect" into the search bar

Select the result "Coronavirus disease (COVID-19) | healthdirect"

Step Two: Read the information

Explore the HealthDirect website.

You can look up conditions by searching for them, or see them categorised by conditions, symptoms, procedures or age ranges. The service finder can show you all the services in your area such as GP practices, pharmacists, dentists and optometrists.

Step Three: Find answers to the following questions

Use the HealthDirect webpage to find the information you need to fill in the table on the next page.

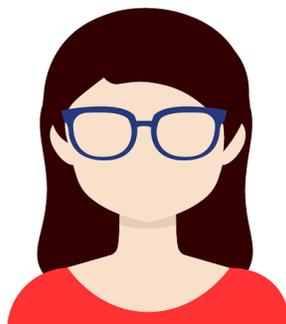


HealthDirect - What do you know?

Question	Answer
What is the medical name for coronavirus?	
Which parts of the body does the coronavirus affect?	
What are the three main symptoms of coronavirus?	
Suggest two things that you can do to avoid catching or spreading coronavirus.	
Suggest one thing you should not do to avoid catching or spreading coronavirus	
If you need medical advice on coronavirus, what telephone number should you call?	
If you need medical advice on coronavirus, what three medical places should you not attend?	



Health advice activity - Julie



Meet Julie.

Julie's heard a lot about coronavirus on the news and on Facebook. She's worried about the risks to the health of her and her two children.

First, she decides to search online for a website with medical information about coronavirus. What is the best way for her to search for reliable health information?

- Search the internet for "coronavirus"
- Search the internet for "healthdirect coronavirus"
- Search the internet for "how to keep my children safe from coronavirus"

Now that Julie's found some reliable information, she wants to know more about the signs that someone is infected. What should she look for on the page?

- What are the symptoms of coronavirus?
- Do I need to isolate myself?
- How is coronavirus spread?

Having learnt more about the virus, Julie would like to talk to her GP as she thinks she may be infected. Which part of the HealthDirect website can help her find her GP's contact details?

- BMI calculator
- Symptom checker
- Service finder

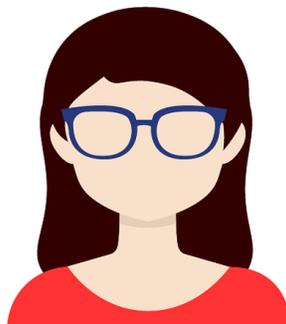
Julie knows that visiting her GP could help spread the virus. What can she do instead?

- Call the HealthDirect helpline on 1800 022 222
- Call 000
- Go to the GP anyway



Health advice activity - Julie

- Tutor answers



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