



# Social Distancing

## Merit Badge Workbook

(Social Distancing is a SPOOF merit badge, not real)

1. Do the following:

a. Explain to your counselor the most likely hazards you may encounter when practicing Social Distancing, and what you should do to anticipate, help prevent, mitigate, and respond to these hazards.

Hazards:

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What you should do:

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b. Show that you know first aid for injuries or illnesses that could occur while Social Distancing, including irritability, lethargy, gaining weight, cabin fever

Irritability: \_\_\_\_\_  
\_\_\_\_\_

Lethargy: \_\_\_\_\_  
\_\_\_\_\_

Gaining Weight: \_\_\_\_\_  
\_\_\_\_\_

Cabin Fever: \_\_\_\_\_  
\_\_\_\_\_

c. Define the following Social Distancing terms:

Flatten the curve: \_\_\_\_\_  
\_\_\_\_\_

Self-quarantine: \_\_\_\_\_  
\_\_\_\_\_

Incubation: \_\_\_\_\_  
\_\_\_\_\_

R-naught: \_\_\_\_\_  
\_\_\_\_\_

Binge-watching: \_\_\_\_\_  
\_\_\_\_\_

Slow the spread: \_\_\_\_\_  
\_\_\_\_\_

Do the five: \_\_\_\_\_  
\_\_\_\_\_

2. List and explain at least 5 different ways to estimate a 6-foot distance. For example, "6 feet equals 1 Ryan Reynolds".

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

3. Rank the following 20 popular sports from Best to Worst for Social Distancing appropriateness:

- |              |              |                |                  |
|--------------|--------------|----------------|------------------|
| - Football   | - Tennis     | - Volleyball   | - Martial arts   |
| - Baseball   | - Golf       | - Swimming     | - Weight lifting |
| - Basketball | - Boxing     | - Skiing       | - Ultimate       |
| - Soccer     | - Car racing | - Bowling      | - Bicycling      |
| - Hockey     | - Wrestling  | - Horse racing | - Speed skating  |

4. Do the following:

a. Create a list of at least 5 common Social Distancing hashtags, for example #StayHome. Your list may not include #StayHome.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

b. Create a list of at least 5 new hashtags that you feel would help people understand, remember, or implement proper Social Distancing.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

c. Share your two lists with your counselor. Be prepared to explain your new hashtags to your counselor.

5. Using Zoom or other remote conferencing software approved by your counselor, do the following:

a. Install and configure the conferencing software on your computer or handheld electronic device.

b. Help another person install and configure the conferencing software.

Who did you help? \_\_\_\_\_

c. Schedule and run a meeting that lasts at least 5 minutes and includes at least 5 people. The people must include yourself, your counselor, and at least one other adult.

What was the date and time of your meeting? \_\_\_\_\_

Who attended? \_\_\_\_\_

What was discussed? \_\_\_\_\_

6. Demonstrate to your counselor your ability to socially distance yourself by doing at least 4 of the following Social Distancing activities: Wash your hands correctly, Cough into your elbow, Wave to another person, Pass someone on a walking path, Correctly put on and take off nitrile gloves, Sew a face mask, Order a take-out meal for your family using a phone or the internet.

7. Simulate Social Distancing by doing the following:

a. Live in a simulated quarantine environment by not leaving your house or physically interacting with any other humans except your immediate family for 4 days. During this simulation, complete at least three of these tasks:

1. Complete 1 jigsaw puzzle of at least 500 pieces.
2. Memorize lyrics to 3 songs. 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
3. Play 12 games of solitaire
4. Play 10 games of Pandemic 2 or similar symptoms simulator.
5. Watch 1 season of a video series, totaling at least 6 hours and approved by your parent or guardian.  
Series name: \_\_\_\_\_
6. Read 1 book of at least 300 pages: Book title: \_\_\_\_\_
7. Watch at least 4 movies starring Tom Hanks:  
Movie titles: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_
8. Make a Bucket List of at least 12 things you want to do once your quarantine is over:  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_  
5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_  
9. \_\_\_\_\_ 10. \_\_\_\_\_ 11. \_\_\_\_\_ 12. \_\_\_\_\_

b. Document what you did and present your accomplishments to your counselor, patrol, or troop in a 2-minute presentation

8. Find out about three career opportunities in the global health industry. Pick one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.