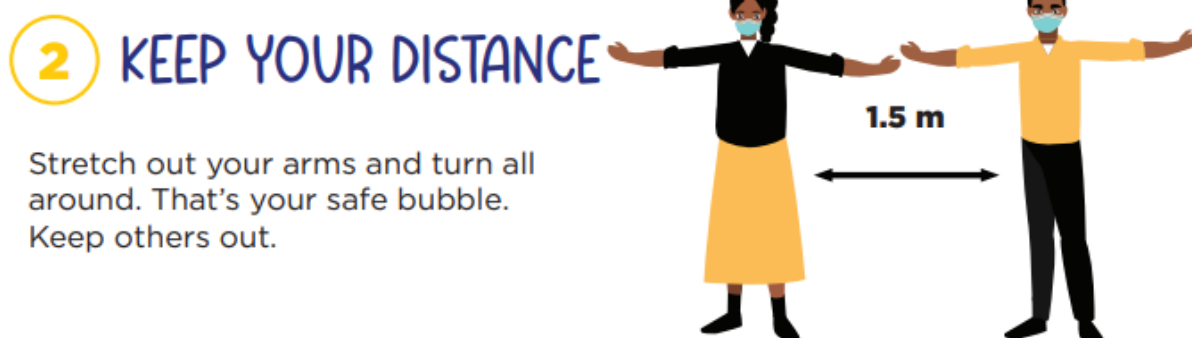


RADIO PROGRAMME 4:

GOLDEN RULE 2: PROTECT YOUR SPACE AND KEEP A SAFE DISTANCE FROM OTHERS.

FIND OUT WHY THIS WILL HELP TO KEEP YOU SAFE.



RADIO PROGRAMME 4: PROTECT YOUR SPACE AND KEEP OTHERS OUT

Start with playing 'COVID-19 – Together we can beat it' song.

Welcome to the fourth of our 'COVID-19 – Together we can beat it' radio programmes!

We plan to give our listeners all the information that you need to protect yourselves and your families from the Coronavirus and COVID-19. Today, we talk about you can create a 'safe bubble' around you, to prevent infection.

We have good news: If you follow our FIVE GOLDEN RULES, you should stay safe from COVID-19.

Last week we discussed Golden Rule 1 and talked about why it so important to wash your hands regularly and well. Today, we look at **GOLDEN RULE 2: PROTECT YOUR SPACE AND KEEP OTHERS OUT.**

I'm joined today by a health specialist, XXXX, as well as by XXX (youth facilitator).
(Introductions...)

So how do you protect your 'safe bubble'? Let's talk about it!

WHAT TO DO:

If you go out, keep two arms' length away from others (about 1,5 metres). Through that, you create a 'safe bubble' around you, which will protect you if you don't let other people in.

Hold out your arms and turn around in a circle, to get a sense of how large your 'safe bubble' is. If other people do the same, you will all keep your distance from one another.

But if you come too close to people who are infected, you can breathe in droplets that carry the Coronavirus and catch COVID-19.

Also wear a mask and cover your cough as extra measures to protect yourself.

If you have a choice, meet people outside in the fresh air and sunlight. In this way the droplets are dispersed by the wind.

WHY YOU MUST KEEP YOUR DISTANCE:

When an infected person coughs, sneezes, speaks or breathes, they spread the Coronavirus in small respiratory or breathing droplets from the lungs. These droplets are fairly heavy, so they do not travel far and quickly sink to the ground.

But if you come close to the infected person, you can breathe these droplets into your lungs before they sink to the ground, and you can then catch COVID-19.

POSSIBLE QUESTIONS TO THE PANEL (Only if there are gaps – prioritise calls from listeners):

To the health specialist:

- 1 Do you agree that if people 'protect their space' and keep a safe distance from others, it will play an important role in preventing the spread of COVID-19?
- 2 Do you think people are aware of the need to keep their distance if they are in public places, and do they do it?
- 3 What advice do you have for people who feel uncomfortable when someone else comes too close to them? How should they handle the situation?
- 4 Anything else that you want to share?

To the youth facilitator/second panellist:

- 1 How easy is it for you, your family and friends, and people in your community to keep your safe distance from other people? If it is not easy, what are the challenges?
- 2 How will you handle it if your friends come too close to you and make you feel unsafe? What advice do you have for young listeners who may get into the same situation?
- 3 Do you think you can share what you have learnt?

Extra information for radio presenters to draw on, if you need it.

What is the difference between how COVID-19 and TB spread?

When people who are infected with **COVID-19** cough, sneeze or talk, they spread the coronavirus in large, fairly heavy droplets which sink fairly quickly onto surfaces, and are only likely to be inhaled by other people if they are close to (within 1 to 1,5 m) the infected person.

TB is also spread through droplets that travel in the air from an infected person, but the droplets are much smaller and lighter. They can therefore remain in the air for long periods of time – up to 6 hours. Their concentration is decreased by the movement of air (open windows, well ventilated spaces).

Why is it good to be outdoors or in well-ventilated spaces if you do not want to be infected with COVID-19?

Fresh air that moves around will spread and dilute the virus, so that it is less likely to cause infection.