

RADIO TOPIC 3: GOLDEN RULE 1: WASH YOUR HANDS OFTEN WITH SOAP AND WATER. FIND OUT WHY THIS WILL HELP TO KEEP YOU SAFE.

RADIO PROGRAMME SCRIPT:

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

Welcome to the third 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 about the coronavirus and COVID-19.

Use this information to stay safe and healthy and protect yourselves and your families from infection.

Ask questions and share your experience. Phone us on XXX, SMS us on XXX or send a WhatsApp message on XXX to be part of this conversation.

Over the next five weeks, we will look at each of our FIVE GOLDEN RULES. If you follow these rules, you'll stay safe and protected.

Today, we look at GOLDEN RULE 1: WASH YOUR HANDS OFTEN AND WELL.

~~This is the most important rule.~~ If you do this, you'll protect yourself against COVID-19 and many other diseases like the flu and TB.

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

Let's talk about it!

FIRSTLY, LET'S LOOK AT HOW YOU SHOULD WASH YOUR HANDS:

Wash your hands often and well **with soap and water**. Count slowly to 20 while you rub all the surfaces of your hands. Start with your palms. Then the back and sides of your hands, between your fingers and around your wrists. Dry your hands in the air – don't share towels. Rinsing your hands is not necessary.

WHY WILL DOING THIS KEEP YOU SAFE?

When a person who is infected breathes, talks, coughs or sneezes, they can spread the coronavirus through large droplets from their lungs. These droplets land on surfaces and objects around them. If you touch these surfaces or objects, you can pick up the droplets. If you do not wash your hands, you can then spread the coronavirus to your eyes, nose or mouth. The virus can then make its way to your lungs.

If you wash your hands properly with soap and water, you will destroy the virus. The virus has a fatty layer around it, which holds it together. Soap is very good at breaking down that layer. Soap is cheaper and more effective than alcohol sanitisers or other disinfectants, and it kills the Coronavirus rapidly.

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

To the health specialist:

1. Do you agree that washing hands is important to prevent the spread of COVID-19 and other diseases like flu?
- 1 Do you believe people are aware of the need to wash their hands properly, and do you see evidence that it is happening?
- 2 Anything else that you want to share?

To the youth facilitator/second panellist:

- 1 It's easy to say that you must wash your hands often and well, but it may not always be possible to do that. How easy is it for you, your family and friends, and people in your community to always wash your hands?
- 2 Do people in your community wash their hands often, and know how to do it?
- 3 Do you think you can share this knowledge?

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

- Using soap is more important than using hot water.
- Soap breaks down the fatty lining around the virus in the same way that soap breaks down fatty food on dishes.
- You can dry your hands on a disposable paper-towel or use a hot-air hand drier, if those are available.
- Remember that only washing your hands is often NOT enough to prevent infections with Coronavirus. All our Golden Rules are important to reduce risk. Keep listening to these programmes, to keep yourself and others safe.
- FREQUENTLY ASKED QUESTION:
Q: How does the Coronavirus get from the eyes to the lungs?
A: From the eyes through the tear ducts to the nose down the back of the throat to the lungs.
- Making a 'tippy tap' is an easy and practical way for households to ensure everyone can wash their hands regularly, as they come into the home from outside. See image and instructions on the next page.

