

GOLDEN RULE 3: COVER YOUR FACE AND DO NOT TOUCH IT!

WEAR A MASK; COVER YOUR MOUTH WHEN YOU COUGH; AND DON'T TOUCH YOUR EYES, NOSE OR MOUTH. FIND OUT WHY THIS WILL HELP TO KEEP YOU AND OTHERS SAFE.



RADIO:

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

Welcome to the fifth of our 'COVID-19 – Together we can beat it' radio programmes! Keep listening and you will get all the information you need about the coronavirus and COVID-19.

Use this information to stay safe and healthy, and to protect your families and friends 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.

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

Today, we are talking about GOLDEN RULE 3: COVER YOUR FACE AND DO NOT TOUCH IT.

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

WHAT YOU SHOULD DO:

MASK UP!

- If you go out, always wear a fabric mask, to catch any droplets when you breathe, talk, cough or sneeze.
- Wash your mask at the end of every day, and don't share masks with others.
- Do not touch the mask – hold it by the straps when you put it on.

COVER YOUR COUGH

- If you cough, bend your elbow and cough into the inside of your elbow.
- If you have a disposable tissue, you can cough into the tissue and then throw it into a bin immediately afterwards.

DON'T TOUCH YOUR FACE

- Do not to touch your eyes, nose or mouth with your unwashed hands or fingers.

WHY YOU MUST DO THESE THINGS:

The Coronavirus enters our bodies through our eyes, nose and mouth, and from there into our lungs.

Why wear a mask?

When you breathe, speak, cough or sneeze, you spread respiratory or breathing droplets. If you have COVID-19, these droplets could contain the virus. This could happen even if you do not have any symptoms. A mask catches droplets that could contain the viruses. So if you are infected, you will protect others.

Wearing a mask is therefore a sign that you care about others. Keeping your distance is still important, as always.

Remember that you could be infected and not know it, because you do not have symptoms yet.

Why cough into a bent elbow or throw-away tissue?

If you cough or sneeze into the inside of your bent elbow or into a tissue, your elbow or the tissue will also catch the droplets.

Why shouldn't you touch your face?

If you have picked up viruses from surfaces with your hands, and you then touch your face, the virus could enter your body through your eyes, nose or mouth. It can then travel to your lungs to infect you. If you don't touch your eyes, nose or mouth (unless you have just washed your hands), you will prevent any viruses from getting to your lungs.

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

To the health specialist:

- 1 Do you agree that 'covering your face and not touching it' is important to prevent the spread of COVID-19?
- 2 Do you believe many people are aware of the need to wear a mask, cover their mouths when they cough, and not touch their faces unless they have just washed their hands? And do you think they are observing these safety measures?
- 3 Which of these do you think people are most aware of?
- 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 wear masks?
- 2 Do you think your family, friends and others in your community are aware that they must always wear a mask when they go out, cover their cough and not touch their faces?
- 3 Do they do these things?
- 4 Do you have ideas for how you can share this knowledge?

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

- If an infected person coughs, sneezes, talks or breathes, they spread droplets with the Coronavirus in them, in the air around them. If everybody wears a cloth mask there will be fewer big and small breathing (respiratory) droplets that get into the air and that sink down onto objects and surfaces. Be responsible: wear a cloth (fabric) mask.
- Viruses can be spread from the eyes, through tear ducts and down the nasal channel into the lungs.
- If you cover your nose and mouth, especially when you cough, you will also prevent the spread of other airborne viruses, like the ones that cause flu and TB.

SMS MESSAGE TO GO OUT WITH RADIO EPISODE 5:

SMS TOPIC 7:

GOLDEN RULE 3: Wear a mask when you go out. Cough into your bent elbow. Don't touch your face (eyes, nose or mouth) with unwashed hands. This is why: A mask protects others by catching breathing droplets if you talk, cough or sneeze. Your bent elbow catches droplets when you cough. And if you touch your face and the virus is on your hands, it can get into your lungs. *Tune in to XXXXXXXXXX every XXXXXXXXX from XXXXX.* To opt out send "stop" to **63246697**. (369 characters)