

## **RADIO EPISODE 6:**

**GOLDEN RULE 4: KEEP YOURSELF AND OTHERS SAFE: CLEAN SURFACES AND OBJECTS THAT YOU AND YOUR FAMILY TOUCH. FIND OUT WHY THIS WILL HELP TO KEEP YOURSELF AND OTHERS SAFE.**



### **RADIO:**

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

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

Use this information to stay safe and healthy and to help 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.

Last week, we discussed GOLDEN RULE 3: COVER YOUR FACE AND DO NOT TOUCH IT. We talked about the importance of wearing a mask, and how to do it. We also looked at why you should always cover your mouth when you cough or sneeze, and why you must not touch your face with unwashed hands.

Today, we look at GOLDEN RULE 4: CLEAN ALL THE SURFACES THAT YOU TOUCH.

And next week, we'll get to GOLDEN RULE 5, to help us understand why we must stay at home when we are sick, and stay away from others who are sick.

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

*(Introductions...)*

Let's discuss **GOLDEN RULE 4: CLEAN ALL THE SURFACES THAT YOU TOUCH.**

### **THIS IS WHAT YOU SHOULD DO:**

- At least once a day, wipe all the surfaces which your family touch frequently.

- Use a cloth with soap and water and make sure that you wipe the surfaces. Don't just spray them.
- Also wash the other household objects which family members touch.
- Make sure that you wash or wipe cups, plates, spoons, phones, etc. every time someone has used them.

## WHY YOU MUST DO THAT:

The Coronavirus is different from TB or flu viruses, which are spread through the air in small droplets and only infect others when they breathe in these droplets that carry the virus.

The Coronavirus can also be breathed in, but it is often spread in heavier droplets which sink down and then land on surfaces and objects. And if your hands touch these surfaces, they will pick the virus up.

The Coronavirus can live for between three and 24 hours on surfaces and other objects, inside or outside the house: cups, plates, cutlery, your cell phone, tables, taps, doorknobs, books, pens, etc. If you wipe or wash surfaces and objects down with soap or disinfectant, it will kill the virus.

Soap breaks down the fatty layer around the virus and destroys it. Soap is cheaper than alcohol sanitisers or other disinfectants and kills the Coronavirus rapidly.

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

### To the health specialist:

- 1 What are your views? How important is it for people to wipe surfaces down with soap or disinfectant, and to wash or wipe objects which they touch, to prevent the spread of COVID-19?
- 2 Do you believe people in our country are aware of the need to do this in homes, schools and other spaces where people meet? And do you think it is being done?
- 3 Anything else that you want to share?

### To the youth facilitator/second panellist:

- 1 How easy is it for you, your family and friends, school authorities and others in your community to clean surfaces and objects which are frequently touched? If not, what are the challenges?
- 2 Do you have plans for sharing this knowledge?

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

Wiping the surfaces and objectives with a cloth moves the droplets, and the virus is killed by soap which breaks down the fatty layer around the virus and destroys it. Washing hands and wiping surfaces and objects with soap and water breaks the infection cycle.

Never share dirty cups, plates, spoons or food.