

RADIO EPISODE 7:

**GOLDEN RULE 5: STAY AT HOME WHEN YOU ARE SICK, AND KEEP AWAY FROM OTHERS WHO ARE SICK.
FIND OUT WHY THIS WILL PROTECT YOURSELF AND OTHERS**



RADIO:

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

Welcome to the seventh 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.

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

Last week, we discussed GOLDEN RULE 4: CLEAN ALL THE SURFACES THAT YOU TOUCH.

We spoke about how large/heavy breathing droplets that carry the Coronavirus can drop down on surfaces and objects around an infected person. We also discussed how important it is to wash or wipe these surfaces and objects often with soap and water, so that you do not pick up the virus with your hands.

Today, we look at GOLDEN RULE 5: IF YOU FEEL SICK, STAY AT HOME. This is our last GOLDEN RULE.

Next week, we will discuss another important way to prevent infection, by meeting people in the open air or in well ventilated places, to limit the chances of infection.

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

(Introductions...)

Let us talk about **GOLDEN RULE 5: IF YOU ARE SICK, STAY AT HOME. IF OTHERS ARE SICK, KEEP AWAY!**

WHAT YOU SHOULD DO:

If you feel sick...

- Stay at home if you feel sick. Do it so that you do not infect others, in case you have contracted COVID-19 but do not know it.
- If you or anyone else in your family have any COVID-19 related symptoms, call the helpline number in your country:
Malawi - 54747 Airtel or 929 TNM
Zambia - 909 Tollfree
Lesotho - 80032020
Zimbabwe - 3714 734 593 or 3774 112 531.

If you get infected:

- If you test positive for COVID-19, stay away from family members and others for at least 14 days, to make sure that you do not spread the disease. Try to stay in a room which you do not share with others, and keep family members out. Keep the windows open to let fresh air and sunlight in if you can.
- Wear a mask if you must get closer to others, so that the droplets that you breathe out are caught by the mask. If you spend time with family, try to sit outside in the fresh air and sunlight and keep a distance from them. Clean the surfaces around you regularly.

If you are well, and others are sick:

- Also try to stay away from people who are sick, so that you do not get infected if they have COVID-19.
- If people test positive for COVID-19, help them to stay in isolation, away from others. Be kind and help them to get food, water, tea, etc.
- Wear a mask if you get close to sick people and wash your hands regularly. Also wipe down surfaces and wash objects in your house often.
- Be kind to anyone else who is sick, and do not spread myths.

WHY YOU SHOULD DO THAT:

- Staying away from others if you feel sick is the right thing to do, so that you do not infect others. The virus spreads easily if you are close to others.
- And staying away from others who feel sick will help to protect you.
- Common symptoms of the COVID-19 disease are a fever, dry cough, loss of taste and smell, tiredness and a headache.
- Children and young people under 20 seldom get sick. If children get sick, then their symptoms are mostly different from those of adults. Common symptoms in children are diarrhoea, vomiting and a loss of taste or smell.

- Remember that people can be COVID-19 positive and not have symptoms. People can also infect others for a few days after they have been infected with the virus and before they develop symptoms. They can be very infectious in that period.

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

To the health specialist:

- 1 From your experience, how important is it to stay at home and away from others if you are sick?
- 2 Explain to us what people in our country should do if they suspect they may have COVID-19. What will happen if they call a helpline number? How easy is it to get tested?
- 3 Anything else you want to share?

To the youth facilitator/second panellist:

- 1 How easy is it for you, your family and friends to stay away from others if you are sick? Do you think people stay at home when they feel sick?
- 2 In your family and community, will it be easy for people to 'self-isolate' and stay in a room by themselves if they test positive for COVID-19? If not, what are the challenges? Do you have ideas for solving these?
- 3 How do you plan to share this knowledge?

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

People who have symptoms or are about to develop symptoms, including mild illness, are generally more infectious than people who are positive but do not develop any symptoms (asymptomatic).

Staying home if you are sick will prevent the spread of other infections like colds and flu as well.

Children can spread the Coronavirus even if they are not sick