

RADIO EPISODE 8:

IT IS SAFER TO MEET OTHERS OUTSIDE IN THE OPEN AIR, OR INDOORS WITH OPEN WINDOWS, THAN TO MEET IN CLOSED SPACES. FIND OUT WHY DOING 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 to get the information that you need about the coronavirus, COVID-19 and how to protect yourself against the many challenges that the pandemic brings.

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

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.

REMEMBER: If you follow our FIVE GOLDEN RULES, you should stay safe and protected from COVID-19.

We've now looked at all of the five Golden Rules:

- ONE: Wash your hands and wash them well
- TWO: Protect your space and keep others out
- THREE: Cover your face and do not touch it
- FOUR: Clean all the places which you touch
- FIVE: If you feel sick, stay at home

THIS IS HOW WE'LL BEAT THE VIRUS!

This week we look at one more important way to stay safe: Making sure that there is a flow of fresh air when you meet other people, either outside or inside with open windows and doors.

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

(Introductions...)

Let us talk about it:

TO STAY SAFE, MEET OUTSIDE IN THE FRESH AIR, OR IN WELL-VENTILATED INSIDE SPACES WHERE THE AIR CAN MOVE.

WHAT YOU SHOULD DO:

If you meet people, try to do it outdoors, in the sun, wearing a mask. And if you are in a building, a taxi or other vehicle, make sure that windows and doors are open whenever possible, to create a flow of fresh air. Avoid small, closed spaces with many people.

Two other tips for staying extra safe:

- While you're outdoors or in a well-aired space inside, still keep your distance!
- And if you have to be close to someone else in a closed space, make it short! The shorter the time you spend with someone else who could be COVID-19 positive, the less chance of getting infected yourself.

WHY YOU SHOULD DO THIS:

The Coronavirus is far less likely to be transmitted from one person to others if they are outdoors or in buildings or vehicles with open windows, where there is a movement of fresh air.

The reason is that smaller droplets from our breathing hang around in the air. If someone is infected, these droplets could contain the Coronavirus. Air circulation, a breeze or wind moves the droplets around and dilutes them, so that there is less chance of them infecting someone. The Ultraviolet rays in sunlight can also break down the virus.

Small, closed spaces with closed windows are HIGH-RISK, especially if they are crowded.

We already know that the further away you are from someone who is infected, the less likely you are to be infected by them. If you are outside, it is easier to keep your distance.

The longer you spend with an infectious person, the greater the danger that they could infect you.

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

To the health specialist:

- 1 The message that you are less likely to get infected in open spaces and in the fresh air is relatively new. Is there anything you want to add?
- 2 Do you think people are aware of the fact that they should avoid being close together in spaces where there is no flow of air? What do you observe around you?
- 3 What advice do you have for listeners?

To the youth facilitator/second panellist:

- 1 Did you know that it is important to be in the fresh air when you meet people? And if you knew this, have you, your family and friend tried to do it?
- 2 If you are only finding this out now, how can you make sure that you use this knowledge to keep yourself, your family and friends safe?

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

Large known outbreaks of COVID-19 infection have come from indoor functions in churches, weddings, music events, restaurants or bars: places where a crowd of people are indoors, close together and talking and singing for hours.

Fresh air, distance and a short time can work together to keep you safe:

SCENARIO I.

If you are outdoors and at least one metre apart from others for less than 10 minutes, your risk of becoming infected is incredibly LOW.

SCENARIO 2:

If you are stuck in a room with closed windows, with someone else who is infected, your risk of getting the disease is HIGH, whether or not you wear a cloth mask.