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## SCRIPT FOR VIDEO 1

Greetings, many of you may recognize me: I am [YOUR NAME HERE with further details about your , family, status, etc]. I am speaking to you, my fellow citizens/villagers/community members, to tell you about the disease called coronavirus or COVID-19 many of us may have heard about.

Coronavirus is real, and it is killing thousands of people every day across the world. There is no known cure or vaccine that can protect you from the virus. Don't believe those who say otherwise: there is no cure! So the most important thing to do is to avoid being infected!

### **How can you prevent being infected?**

- Stay home as much as possible and do not visit other people—even if you feel well.
- Wash or sanitize your hands frequently, especially when returning home after going out. Remember to always use water and soap and to rinse your hands well and with clean water.
- Do not touch your nose, mouth, and eyes with unwashed hands.
- At home, clean and disinfect surfaces and objects that you or other people touch with your hands: plates, utensils, tables, phones, etc....
- When you meet other people, don't shake hands with them, don't hug them, and stay at least 2 meters away from them.

We must protect ourselves and also other people: **So, how can we protect others from being infected?**

- You may catch the virus and still feel well! So, it is important to stay away from people whenever possible. You could make them sick even if you are not sick.
- If you need to cough or sneeze, do it in a disposable tissue if you have one (then throw the tissue out immediately and wash your hands). Or, cough into your elbow or in your upper sleeve. Never cough or sneeze in the air, or toward another person. Never cough or sneeze in your hands, because you can pass the virus to others through touching people or shared objects.
- The symptoms of coronavirus are similar to malaria, plus cough. If you think you are sick, stay home and stay as far away from family members as possible.
- If you have been in close contact with someone who becomes sick, stay home to avoid transmitting the disease. It can be dormant in your body for as long as 14 days.

In this difficult situation, each one of us can make the difference, and only all of us together can really protect our community. So let us help each other and spread the word!

## SCRIPT FOR VIDEO 2

Greetings, I'm XXXXXXXX. This is video number 2 about coronavirus. In this video I will tell you more about the symptoms of coronavirus. In video number 1, I discussed how to avoid becoming infected from the virus. Since there is no cure, the most important thing to do is to avoid becoming infected or infecting other people. Please watch that video, too.

Coronavirus is very small and invisible. It can be transmitted very easily among people. You may be infected by the virus for up to 2 weeks before you have any symptoms. You may even be infected right now and not know it. It is a very dangerous sickness because many infected people do not know they have the virus in their bodies, they do not know that they can infect other people. [CULTURALLY-APPROPRIATE CONTENT]

### What about the symptoms?

- The virus likes our lungs. This is where it wants to go. Most people who die from coronavirus die because they can no longer get enough air in their lungs..
- The most common symptoms are similar to those of malaria with a dry cough. So, if you have fever, fatigue, aches and pains, AND dry cough, it is likely that you have been infected by coronavirus.
- Some people also get diarrhea, bone or joint pain, headache, and runny nose. Some people also stop being able to smell and taste.
- In most cases, the first symptom is fever, followed by dry cough.
- Everyone who has a fever or a dry cough or both should remain at home and also minimize contacts with people living in the same house.

If you experience any of these symptoms you must make sure you stay far from other people and follow the recommendations I mentioned above. Stay home, stay far from the others, wash your hands often with water and soap, cough or sneeze in a tissue or in your bent elbow. If you live with someone who has these symptoms, also stay home. You may be infected, but it may take two weeks for you to feel any symptoms.

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## SCRIPT FOR VIDEO 3

Hello, I'm XXXXXXXX and this is my video number 3 about coronavirus. In this video I will tell you more about how coronavirus spreads among people.



### HOW DOES THE CORONAVIRUS SPREAD?

- The virus is an extremely small, invisible particle that can enter your body through your mouth, your nose, and your eyes. It spreads mostly through respiratory droplets, which are invisible drops of saliva that can be released in the air after one breaths, coughs, or sneezes. Respiratory droplets can be found on people's hands, clothes, and bodies and on objects like pillow cases, bed sheets, telephones, and towels. The virus has also been found in the feces (poop) of some infected people.
- The virus can also remain in the air for up to 3 hours in the form of minuscule droplets called "aerosol". This is especially the case in closed environments like buses, offices, supermarkets, and hospitals. Air conditioning may make things worse as it can circulate aerosol through a building.
- The virus can survive for some time on surfaces made of plastic and metal or other materials, such as cardboard.
- The virus does not penetrate through skin.

Remember: Stay home as much as you can, stay far from the others, wash your hands often with water and soap, cough or sneeze in a tissue or in your bent elbow.

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### SCRIPT FOR VIDEO 4

Hello, I'm XXXXXXXX and this is my video number 4 about coronavirus. In this video I will tell you more about how we should adjust our social life for a while.

I realize the following recommendations are difficult to follow for many of us as we spend most of our time outside of the house. But please do your best to follow these recommendations. We can stop the spread of the coronavirus only if all of us do this.

- Everyone can transmit the virus, even people who do not show symptoms. This means that we need to take special precautions in our daily life.
- The virus remains active in the air for hours. So, there are places that may put you at higher risk of being infected. These are:
  - Public places where many people gather, such as markets, business offices, and religious gatherings.
  - Hospitals
  - Public transportation, including shared taxis and motorcycles
- Objects like banknotes and coins could transmit the virus. Do not touch your eyes, nose, and mouth after touching banknotes and coins. Wash or sanitize your hands after touching banknotes and coins.



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- Pillow cases, bed sheets, and clothing worn outside of your home should be washed frequently. Do not shake dirty fabrics since this can spread the virus.
- If someone living in your house has some of the symptoms (see above), the other people living in the house should not have direct contact with him/her nor with objects he/she touches like bed sheets, clothes, glasses, dishes, telephones, and computers, unless these are properly disinfected.
- Children are less likely to die than adults but they can transmit the virus just like anyone else. Teach children how to cough or sneeze in their elbows and how to properly wash their hands. Explain to children that, for some time, it is best if they don't hug or get close to elderly people or people with health issues.
- If a meeting cannot be canceled (e.g. savings groups), limit the number of people gathering at one time. People should stand or sit 2 meters from each other during the entire meeting. People should not eat or drink during the meeting. People with fever or other COVID-19 symptoms should remain home.

Remember: Stay home as much as you can, stay far from the others, wash your hands often with water and soap, cough or sneeze in a tissue or in your bent elbow.

## SCRIPT FOR VIDEO 5

### FACE MASKS

Hello, I'm XXXXXXXX and this is my video number 5 about coronavirus. In this video I will tell you more about the use of face masks.

- The virus remains in the air for hours, so face masks can help people who are sick protect others from becoming infected.
- Face masks can help caregivers when interacting with sick people, but they do not provide 100% protection.
- In many countries there is a shortage of face masks, which are vital for medical personnel: if medical personnel get sick, who will be there to assist other sick people? We must protect our nurses and medical doctors.
- Homemade masks made with tea cloth (relatively strong cotton cloth) provide some degree of protection.
- Even when wearing face masks, keep a distance from the person you are assisting.
- There are some special precautions for the use of face masks when you are sick or need to care for sick people
  - If you have heart problems you should not wear a mask (insufficient breathing)
  - Make sure you don't touch the mask while you are wearing it. Touch it only to take it off and throw it away (or wash it if it's washable).
  - Make sure it perfectly adheres to your skin. Wear glasses to also protect your eyes and to close the gaps that naturally form between the mask and your skin around your nose.
  - Masks are most effective (within their limits) during the first hours of use. The longer you wear a mask, the less it is effective in protecting you.

Remember: Stay home as much as you can, stay far from the others, wash your hands often with water and soap, cough or sneeze in a tissue or in your bent elbow.