

## **SCRIPT: TEN SAFETY TIPS FOR COVID-19**

### OPENING SONG

Hi, my name is Sophie, and I am part of the TEC Impact team.

Coronavirus nineteen, also known as COVID Nineteen, is a virus that has affected our world, our communities, and our daily lives. In spite of what's happening, you can be proactive to protect yourself.

What can you do?

Here are TEN SAFETY TIPS FOR COVID NINETEEN.

These are steps you can follow to stay safe and healthy, whether at home, travelling, or in public places.

Number one. Don't be afraid. Talk to someone you trust. And ask support if you need it.

Number two. Stay home. This helps to slow or stop the spread of the disease.

Number three. Wash your hands for twenty seconds, using soap, and rinsing well with clean water.

Number four. Cough in your elbow. Doing this keeps the virus off your hands, so you won't spread it to other people and make them sick, too.

Number five. If you are sick, wear a mask and let someone know. You are containing your own germs and preventing more spread of sickness. This shows courtesy and a respect for others' safety and health.

Number six. Stay six feet from other people. This practice, called social distancing, is a great way to keep exposure and transmission of the virus low.

Number seven. Update your medical information. Have a list of medications you are taking, your most recent medical records, and even the name of your doctor or other trusted healthcare professional who is familiar with your medical history. This can be valuable in an emergency situation when knowing how to treat you is critical.

Number eight. Make sure you have enough medications for more than one month. Write a list and plan ahead so you have adequate supply, in case stores or pharmacies are slow to deliver or out of stock. This will give you peace of mind.

Number nine. Clean surfaces and areas you use all the time. The COVID nineteen virus may survive several hours to even days on some surfaces unless thorough and persistent cleaning is applied.

Number ten. Stay positive and in touch by phone, social media or video conference with friends and family. Connecting with people

strengthens our immune system, lowers our stress, and leaves us feeling more hopeful during this time.

So, as a review, here are the ten safety tips to protect yourself and others from COVID Nineteen.

Number one: Don't be afraid

Number two: Stay home

Number three: Wash your hands for twenty seconds, using soap, and rinse with clean water

Number four: Cough in your elbow

Number five: If you are sick, wear a mask and let someone know

Number six: stay six feet from other people

Number seven: Update your medical information.

Number eight: Make sure you have enough medications for more than one month

Number nine: Clean surfaces and areas you use all the time

Number ten: stay positive and in touch by phone, social media, or video conference with friends and family. Because connecting matters and has positive health benefits overall.

Remember, what you think and do matters. Taking these ten steps seriously makes a difference in everyone's lives. Be well and stay safe.

**CLOSING SONG**



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