

*This is the Plain English script the corresponding Yolŋu matha resources are based on. It is not an exact translation of the recording. It is provided here primarily to give non-Yolŋu matha speakers an understanding of the resource content.*

### **Don't get close to people**

One of the best ways to protect yourself and your family from getting sick with COVID-19 is to not get close to other people.

Coronavirus spreads from person-to-person when someone coughs, sneezes, laughs, sings, talks or just breathes. You can be infected if you are standing too close to someone.

Try to sit or stand 1.5m or more away from other people. 1.5m is like if there was a yidaki between you and them. Especially a person who is sick. Stay away from anyone who is sneezing or coughing, or who says they are feeling unwell or have a fever. Don't shake their hands. Don't hug them or kiss them.

If you are feeling sick yourself – especially if you have a fever, sore throat, cough, or breathlessness – please don't get too close to other people. Try and stay away from crowded places, like the shop and school, and places where people are sitting close together, like card-circles, planes etc.

And try and find a room to sleep in without other people, so you don't make your family sick. Ask your family to bring you food and medicine so you don't have to go out to the shop. And wear a mask to protect your family. Call up the clinic to find out what to do.