

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 share ŋarali'

One of the best things Yolŋu can do to protect each other from coronavirus is to stop sharing ŋarali' with our family and friends right now.

Coronavirus or 'COVID-19' can travel from one person to another through saliva and mucus. COVID-19 can get into your body through your eyes, nose or mouth and make you sick.

If your gurruŋu smokes a cigarette or pipe, their saliva will stay on it. When they give it to you, and you smoke it, their saliva will go into your mouth. If that person has coronavirus, it might make you sick.

A person can have coronavirus and not know it for two weeks.

Please ask your gurruŋu for one new stick, and don't share it with anyone else. Or use your own pipe and don't share it.

Coronavirus can also spread by sharing drinks. Please don't share drinks anymore.

If your family gets angry at you, tell them you are trying to protect them from coronavirus. We might find it hard to not share ŋarali' and drinks, but doing this will protect many people from getting sick from coronavirus.

Also, the sickness caused by coronavirus is usually worse for smokers than non-smokers. So now might even be a good time to try to quit smoking.