

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.

Hand Habits

Our hands are one of the main ways coronavirus is spreading. We need to make ‘new hand habits’. Doing these things will help protect ourselves and our families from coronavirus.

- 1) Don't shake hands: We can't shake hands anymore. Do not shake anyone's hands until this coronavirus is completely gone from the world. Don't hold hands, and don't high-five.

If you do touch someone's hand, remember not to touch your face, and wash your hands with soap as soon as you can.

- 2) Don't touch your face: Most people touch their face every few minutes. Usually we do it without even realising. But we need to try not to touch our faces. We might have touched something that is holding COVID-19, and we can make ourselves sick if we then touch our nose, mouth or eyes.

- 3) Don't use your hand to cover your cough or sneeze: It is good to cover your mouth when you cough or sneeze. But don't use your hand to do it. Coughing or sneezing on your hand puts that coronavirus on your hand. Then when you touch something or someone, you might spread that coronavirus.

So, a better way is to cough into the back of your elbow.

Another way is to use a tissue to cover your mouth or nose. But throw that tissue in the bin, and then wash your hands with soap.

- 4) Don't forget to wash your hands with soap: Wash your hands many times a time. Always use soap. Always run the water for 20 seconds or more. And always dry your hands with a clean towel.