

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

Summary of Main Health Tips

We can protect ourself and our loved ones from getting coronavirus. We all need to do these things:

- Wash your hands with soap every day, as much as you can.
- Try not to touch your face.
- Cover your mouth with the inside of your elbow when you cough or sneeze. If you use a tissue or your hand to cover your mouth, throw the tissue in a bin and wash your hands straight away. Stay away from anyone who is coughing, sneezing, or who has a sore throat or fever.
- Stay 1m away from other people and don't touch anyone's hands.
- Stay healthy: drink water, exercise outside, and eat fresh food.
- Don't share ŋarali'. And don't share drinks or food.