

*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.*

## **Taking care of sick people**

If someone is sick at home, you need to take special care to protect your family.

- 1) **Wash your hands with soap.** Especially after you have been close to or touching the sick person.
- 2) **Do not share.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. If you do share any of these things, wash them thoroughly with soap and water.
- 3) **Clean ‘high touch’ surfaces:** If someone is sick and touches something, you can get sick if you touch it. Cleaning places that people touch a lot will stop sickness from spreading in your home. Use Spray and Wipe to clean ‘high touch surfaces’ every day.

High touch surfaces include counters, tabletops, door knobs, handles and taps in bathrooms, toilets, phones, ipads and lightswitches.

- 4) **Wear a facemask when sick:** Anyone who is sick should wear a mask. This will help protect anyone in the same room as them. Wear a mask when you go to the clinic or other crowded places.
- 5) **Give the sick person with their own room:** Give the sick person their own room to stay in. Nobody else should sleep there. Take care of yourself when you visit them – wash your hands afterwards, don’t get too close to them, and don’t hug, kiss or touch their hands.
- 6) **No visitors:** Don’t let visitors into your house. They might get sick, and pass it onto other people. Only people who usually live in that house should stay there.