

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.

Wash hands with soap

The best way to stop this virus from infecting Yolŋu, is to wash your hands with soap.

When someone who has coronavirus or ‘COVID-19’ coughs, sneezes or breathes out, they release small drops of water which carry that sickness. This water (‘droplets’) will land on anything near them. For example, that rerrimirr water from their mouth and nose might land on a table, a phone, a door handle, a tap, a lightswitch, the fridge door, etc. Now that coronavirus is on those things, and it can infect anyone who touches it.

The same thing happens if that sick person coughs in their hands and touches something.

If you touch those things, that rerrri might get onto your hands. Then you might touch your eyes, nose or mouth. Maybe you want to scratch an itch on your face, or pick your nose, or rub your eyes – something like that. COVID-19 can get into your body through your eyes, nose or mouth and make you sick.

Now you’re sick with COVID-19. And then you might make someone else sick. For example, if you are sick with COVID-19, and you touch your grandmother’s hand. If she touches her eyes, nose or mouth, she might get sick with COVID-19. That could be really serious for her.

You can have the COVID-19 sickness and not know it. This means you might pass on the sickness to someone else, without knowing. The best way to protect yourself and other people from getting sick is to start washing your hands **MANY TIMES EVERY DAY**.

When you wash your hands, you need to use soap. This is very important. Just using water isn’t enough. Soap is the best weapon against coronavirus on your hands. You need to rub your hands under the water for a fairly long time – 20 seconds is good. 20 seconds is about the amount of time it takes to sing ‘Happy Birthday’ twice.

When you finish, dry your hands. Paper towel is best. But you can use a normal towel too, just make sure to wash them regularly. If someone at home is sick, give them their own towel that nobody else can touch.

Don’t just wash your hands once or twice a day. Do it as much as you can! These are the most important times to wash your hands:

- Before you start cooking



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- Before you eat food, and after you eat food
- After you blow your nose, cough or sneeze
- After you use the toilet
- After you have touched something other people have been touching – e.g. the door handles at the shop, the fridge handles, someone else's phone, etc.
- After you have touched someone else's hand or been close to someone else who was coughing or sneezing
- Before and after caring for someone who is sick.

Washing your hands with soap throughout the day is one of the main ways you can stop this sickness from infecting your family members. Doing this will save the lives of Yolngu in Arnhem Land.