



FACT SHEET &  
RADIO PRODUCTION GUIDE

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**HEALTH AND  
HYGIENE DURING  
COVID-19**

South Africa

## INTRODUCTION

The main health messages to reduce the spread of COVID-19 are clear: physical distancing, wearing masks and washing our hands with water and soap. These safety measures can make a big difference in slowing down the spread of the virus or stopping it completely. Washing our hands is one of the most important measures for our health, because it is relevant even outside of the pandemic.

As much as the messages encouraging water, sanitation and hygiene (WASH) practices in our homes and communities are important, they don't always offer solutions for the challenges faced by the 3 billion people globally who lack access to basic hand-washing facilities. These people are mostly living in highly populated urban areas or rural areas, are displaced and living in camps, or even in prisons.

It has become more important than ever for governments and water-providing services to supply water facilities to create solutions that can help vulnerable communities to also stay safe and healthy. Not taking care of our health and falling sick in these times could mean that we burden the health system, which is already fragile and not be able to help. It has not been easy to introduce new health and hygiene practices into communities during a time when people are encouraged to stay at home. Radio remains one of the easiest and most powerful tools to help communicate the kind of health information that can lead to change. Keep spreading the message that washing our hands can help avoid spreading many infections and help us save lives.



## DEFINITIONS

- **Health:** does not only refer to the absence of any disease or impairment. It is also the state that allows an individual to cope with all the demands of their daily life. Health in this sense refers to a state of physical and mental balance that an individual has within himself and between himself and his social and physical environment.

- **National Library Of Medicine**
- **Healthcare systems:** refer to the organization of people and institutions that deliver health care services to meet the health needs of a community or population. The people, institutions and resources that provide healthcare are arranged together in accordance with established policies, to improve the health of the population they serve, while responding to people's expectations, and protecting them against the cost of ill-health through a variety of activities that intend to improve health. This includes hospitals and clinics, nurses, doctors, paramedics, and even Government Departments of Health who have the responsibility of restoring and caring for the health of all who come to them for help. - **World Health Organization**
- **Mortality Rate:** is a measure of the number of deaths in a specific population, during a specific period of time. Measuring how many people die each year and why they have died is one of the most informative ways of assessing the effectiveness of a country's health system. The number of deaths is broken up by categories of age, sex and cause, which then influences how health authorities prioritize future health programs.

- **World Health Organization**
- **Hygiene:** is a practice which people maintain to promote good health. It is when people make themselves and their surroundings clean. When needed, this includes disinfecting surfaces, hands, the environment and items of personal use, in order to reduce the risk of infection. Other hygiene measures include keeping a safe distance from people who are sick. - **International Association For Soaps, Detergents and Maintenance Products**
- **"WASH":** refers to water, sanitation and hygiene. When a person has no access to clean drinking water, they are forced to rely on unsafe sources that may be contaminated. Without good sanitation, people have no choice but to use communal toilets or to relieve themselves out in the open. Human waste can then contaminate people's food and water resources, which can contribute to spreading serious diseases. People die every year from diseases directly caused by unsafe water, inadequate sanitation and poor hygiene practices, mostly affecting women and children. - **UNITED NATIONS**
- **Respiratory diseases:** are diseases that affect the lungs and other parts of the respiratory system. The body's

## OTHER DEFINITIONS

respiratory system includes the nose, sinuses, mouth, throat (pharynx), voice box (larynx), windpipe (trachea), and lungs. Upper respiratory infections affect the parts of the respiratory tract that are higher on the body, including the nose, sinuses, and throat, while lower respiratory infections affect the airways and lungs. Respiratory diseases may be caused by infections, by smoking tobacco, or by breathing in secondhand tobacco smoke, asbestos, or other forms of air pollution. - **National Cancer Institute**

- **Neglected Tropical Diseases (NTDs):** are a group of communicable diseases that are found in tropical and subtropical areas, commonly in low-income and middle-income countries of Africa, Asia, and Latin America. NTDs affect the world's poorest people and are especially common in the tropical areas, where people have little access to clean water or proper ways to get rid of human waste. Women and children who live in unsanitary environments face the biggest threat of NTDs. NTDs affect more than one billion people and can cause immense human suffering that can lead to death. - **World Health Organization**
- **Nutrition:** refers to eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy, and is a critical part of human development. Good nutrition improves

infant, child and maternal health, it strengthens immune systems, makes for safer pregnancies and childbirth, as well as lowers the risk of non-communicable diseases. People with good nutrition are also more productive and more able to create opportunities to gradually break the cycles of poverty and hunger. - **World Health Organization**

- **Comorbidity:** Morbidity means illness or disease, comorbidity therefore simply means more than one illness or disease occurring in one person at the same time. Some comorbidities happen purely by chance, but some occur because one disease brings about a second disease or condition. An example of this is how alcohol abuse can bring about liver disease. - **Science Direct**
- **Vaccines:** are one of the most effective ways to prevent diseases. A vaccine helps the body's immune system to recognize and fight pathogens like viruses or bacteria, which then keeps us safe from the diseases they cause. Vaccines protect against more than 25 life-threatening diseases, including measles, polio, tetanus, diphtheria, meningitis, influenza, typhoid and cervical cancer. Vaccines are usually administered through needle injections, but can also be administered by mouth or sprayed into the nose. - **World Health Organization**

## TO GET YOU THINKING

Title: “COVID-19: Fears Over Handwashing In Africa To Stem Coronavirus, Seen As A Trigger For Change”

By Kim Harrisberg and Nellie Peyton  
(JOHANNESBURG/DAKAR)

March 21 (Thomson Reuters Foundation)

People globally are being told to wash their hands to fight the spread of coronavirus but in Africa many can't, experts said, urging states to use the pandemic as a reason to finally push for improvements to water supplies.

Africa has been less severely hit by COVID-19, compared to Italy, according to recent reports. But densely populated slums, limited health care facilities, high rates of HIV and tuberculosis (TB) and water shortages caused by drought and poor infrastructure have left governments concerned about the expected spread.

In West and Central Africa, more than a third of all people still do not have access to clean water, according to UNICEF. Water cuts in

Senegal's capital Dakar are frequent, with the government responding in the past by bringing in water in fire trucks. Hand sanitizer is already starting to sell out.

In Kenya — where only 14% of people have hand-washing facilities at home, according to UN data — the government has called on water companies to not shut down supply to citizens if payments are overdue and plans on supplying free sanitizers.

The South African government is looking into supplying water tankers, sourcing groundwater and drilling additional boreholes for vulnerable communities, said a spokesman for the Department of Water and Sanitation, Sputnik Ratau.

“I think this is an opportunity,” said Mariame Dem, West Africa Regional Director for WaterAid. “It has shaken the decision-makers, it has shaken individuals, and I think the actors now can build from it for a more sustained approach and plan.”



### QUESTIONS TO ANSWER:

- Why do you think densely populated slums are seen as vulnerable to the spread of the COVID-19 virus?
- What are some of the water issues faced by the capital city Dakar, in Senegal?
- What are some of the water issues faced in your community?
- What is your opinion on how the government is dealing with water, hygiene and sanitation issues in your community?
- What can you learn from reading this article?

## THE IMPACT OF COVID-19 ON HEALTHCARE SYSTEMS

Healthcare systems are different from place to place, as they are affected by the social and economic situation in a particular country. Today more than one billion people across the world cannot get the healthcare services that they need, because they are unavailable, unaffordable or of poor quality. In countries that have struggling economies, which make up many countries within Africa, the COVID-19 outbreak has brought greater challenges, as there aren't enough resources to support the added demand for care. The pandemic has caused institutions to run out of personal protective equipment (PPE) for their staff. Without adequate PPE, such as masks, gloves and gowns, frontline responders face the risk of being infected while they are treating their patients. When they are exposed, they could also infect other patients, as well as their families and communities. During the pandemic, healthcare workers are also experiencing longer working hours, psychological stress and fatigue, as well as stigma for being directly involved with COVID-19 patients. Governments across the world have found that they have to prioritize support and protection for the lives of healthcare workers, as much as support and protection of patients.

As COVID-19 continues to spread, many global efforts are also going into finding a cure. Focusing on finding a safe and effective vaccine and treatment for COVID-19 can unfortunately also cause neglect of other diseases that kill millions of people each year. Countries need to identify essential healthcare services that continue to offer prevention for diseases such as Neglected Tropical Diseases (NTDs), which affect more than two billion people every year. NTDs affect the world's most vulnerable populations, almost exclusively poor and powerless people living in rural areas and urban slums of low-income countries. Over 500,000 people die annually from the consequences of NTDs and millions suffer from chronic disability, pain, disfigurement and social stigma that keep them from living full, productive lives. Tuberculosis (TB) is another neglected disease, even though it is treatable and preventable. Unfortunately, when healthcare systems are overwhelmed, mortality rates increase, not only from the outbreak, but from vaccine-preventable and treatable conditions as well. Other neglected essential services are those related to reproductive health, including care during pregnancy and childbirth, provision of medication for chronic diseases such as HIV, as well as treatment for mental health conditions. Research from the 2014/2015 Ebola outbreak suggests that the increased number of deaths caused by measles, malaria, HIV/AIDS, and tuberculosis were higher than the deaths from Ebola.

The impact of COVID-19 on healthcare systems mainly affects poor and vulnerable communities. The pandemic is likely to give rise to health issues that are already faced by homeless communities, refugees, victims of domestic violence, those with little access to food, as well as women with children who have lost their income. Much as it is the responsibility of Government, health officials and policy makers to take strategic decisions and put systems in place to support healthcare systems during COVID-19, regular citizens can also play their part. Eating a nutritious diet, exercising, taking care of your mental health, as well as following the safety measures that are stipulated by your country officials, will go a long way in keeping you healthy and relieving the strain on the healthcare systems.

## A MESSAGE FOR PARENTS AND CAREGIVERS

To help stop the spread of COVID-19 you can do the same things that we all should be doing to stay healthy, while also teaching your children to do the same. Teach and reinforce everyday preventive actions. Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing keeps them healthy and stops the virus from spreading to others. Be a good role model, if you wash your hands often, they're more likely to do the same. Make handwashing a fun, daily family activity and practice other everyday preventive behaviours, including:

- Avoiding people who are sick (people who are coughing and sneezing).
- Cleaning and disinfecting high-touch surfaces daily in household common areas (like tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, and sinks).
- Washing items, including washable toys as needed. If possible, launder items using the warmest appropriate water setting and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
- Practice social distancing: the key to slowing the spread of COVID-19 is to limit contact as much as possible. While school is out, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not from their own household.
- Limiting time spent with older adults and people with serious underlying medical conditions who are at highest risk of severe illness from COVID-19. Rather connect virtually or by writing letters and sending via mail.
- If you are unable to stay home with your child while school is out, carefully consider who might be best positioned to provide child care. If someone at higher risk for COVID-19 will be providing care (older adults, such as a grandparent or someone with a chronic medical condition), limit your children's contact with other people, to protect both them and their caretaker.
- Children who are 2 years and older should wear a cloth face mask that covers their nose and mouth when in a public and/or community setting.

Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. Some children and infants have been sick with COVID-19, even though they generally show mild symptoms. Reported symptoms in children include cold-like symptoms, such as a fever, runny nose, and cough. Vomiting and diarrhoea have also been reported as common symptoms.

- Centers For Disease Control and Prevention (CDC): Daily Coping with COVID-19 For Children

## BUSTING MYTHS

MYTH	FACT
<b>People have to wear masks when they exercise</b>	A good way to stay healthy is to exercise, but people should NOT wear masks when exercising as masks may reduce their ability to breathe comfortably. Sweat can make the mask become wet more quickly, which makes it difficult to breathe, promoting the growth of microorganisms and bacteria. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.
<b>You don't have to dry your hands after washing them</b>	Studies show that germs can be more easily transferred to and from wet hands, which is why drying hands is essential to staving off bacteria after handwashing.
<b>Thermal scanners/screeners can detect COVID-19</b>	Thermal scanners are effective in detecting people who have a fever (i.e. have a higher than normal body temperature). They cannot detect people who are infected with COVID-19. There are many causes of fever. Therefore you have to seek immediate medical advice if you have a fever.
<b>Adding pepper to your soup or other meals can prevent or cure COVID-19</b>	Having or adding peppers in your food cannot prevent or cure COVID-19. The best way to protect yourself against the new coronavirus is to wear a mask, keep at least 1 metre away from others and to wash your hands frequently and thoroughly. It is also beneficial for your general health to maintain a balanced diet, stay well hydrated, exercise regularly and sleep well.
<b>Having COVID-19 means that you will have the virus for life, you can never fully recover.</b>	Most of the people who catch COVID-19 can recover and eliminate the virus from their bodies. If you catch the disease, just make sure you treat your symptoms. Other patients can fully recover through medical care.
<b>Eating garlic helps to prevent you from being infected with COVID-19</b>	Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic protects people from getting COVID-19.
<b>Hand sanitizers are more effective than washing hands with water and soap</b>	Handwashing with soap and water is the most effective way to prevent the spread of bacteria and viruses. When hand washing is not available, hand sanitizer is a good backup option.

Source: World Health Organization: Myth Busters



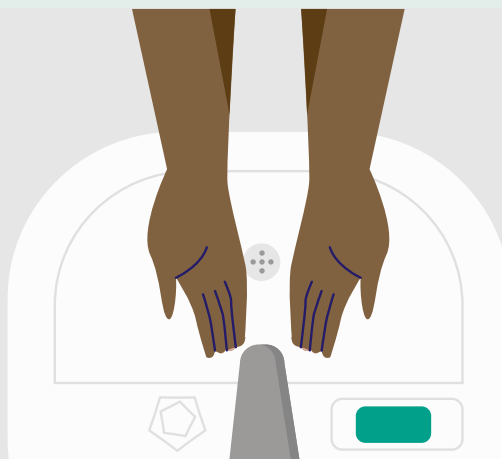
## DID YOU KNOW?

**WASH** is the foundation of healthcare. However, **1 in 4 healthcare facilities** lacks basic water, 1 in 5 healthcare facilities lacks sanitation, and 2 in 5 do not have hand hygiene materials at points of care. That leaves a massive **2 billion people** who are accessing care from **facilities that cannot offer adequate sanitation to patients** and medical staff.



Healthcare workers' access to **WASH** in healthcare facilities is crucial.

**Handwashing is directly linked to decreasing viral respiratory infections**, the type of infection that is associated with COVID-19.



**IMPROVING HAND HYGIENE PRACTICES MAY REDUCE INFECTIOUS DISEASE TRANSMISSION IN HEALTHCARE BY 50%.**

More than one third of schools worldwide and half of schools in the least developed countries have **no place for children to wash their hands at all.**



**More than 1 billion people** – one-sixth of the world's population – suffer from one or more NTDs.

Source: UNICEF / Population Services International/ The U.S. Agency for International Development (USAID)

**DID YOU KNOW?**

**6,000 children could die every day from preventable causes over the next six months as the COVID-19 pandemic continues to weaken health systems and disrupt routine services.**



**Controlling NTDs – not just HIV, malaria and TB – is a critical step to meeting the Millennium Development Goals (MDGs) set forth to halve poverty by 2015.**



## RESOURCES

- **Population Services International: Water, Sanitation and Hygiene**
- **World Health Organization: Water, Sanitation and Health During COVID-19**
- **World Health Organization: Adjusting Public Health and Social Measures**
- **World Health Organization: Essential Health Services During an Outbreak**
- **United Nations IPS NEWS: Neglected Tropical Diseases**
- **United Nations: Water, Sanitation and Hygiene**
- **Population Services International: For COVID-19, Focus On The Basics**



### PREPARING FOR THE SHOW

#### ETHICS AND CONSENT

The topic of Health and Hygiene can be a sensitive topic for both you and your listeners, so make sure that you address the topic in a way that respects the varying perspectives and circumstances of your listeners, as well as those who share their stories. If any incorrect information comes up in any of your formats, make sure that you correct it. Make sure to respect the confidentiality of all those who agree to participate. People may give you consent to share their stories, and then later, change their minds. Be prepared for this as consent can change.

#### ANGLE

#### Different ways to talk about Health and Hygiene

- What difference does hand washing and hygiene make during COVID-19?
- What is hygiene and how does it impact our health?
- Why is it especially important to remain healthy during the COVID-19 pandemic?
- What are the different ways of staying healthy during COVID-19?
- How does COVID-19 create additional challenges for healthcare systems?
- What are some of the healthcare services that are neglected during the COVID-19 pandemic?
- What groups become more vulnerable to health challenges during the pandemic?
- What are the consequences of ignoring diseases like NTD's and other diseases during COVID-19?

#### CHOOSE AN ANGLE



What are the different ways of staying healthy during COVID-19?

#### Different ways to talk about: the different ways of staying healthy during the COVID-19 pandemic?

- Talk about how washing hands is one of the easiest ways to stay healthy and reduce the risk of infection.
- Talk about what you can achieve when you are healthy versus when you are not healthy during COVID-19.
- Talk about how being unhealthy during COVID-19 could impact others around you, especially vulnerable groups.
- Unpack the different ways that one can stay healthy during this time by sharing nutrition,

exercise and good mental health tips.

- Share the challenges your community might be facing when it comes to staying healthy and implementing good hygiene practices during COVID-19.
- Speak about how your community can come together to help others who are less fortunate during COVID-19.
- Talk about how following recommended safety measures could prevent you from putting strain on the healthcare systems during COVID-19.
- Emphasize why those that are visiting healthcare facilities during this time need to follow the rules of wearing masks, washing hands and practicing physical distancing.

## FORMATS



### INTERVIEW



#### Interview aim

To source information from someone who has expertise or experience of the topic. Remember that there are different ways to gather audio from someone who is not present with you in the room. The easiest way is to send them the questions ahead of time and ask them to send their answers by sending you a WhatsApp voice note or an audio recording from their smartphone. You can also record an interview live by calling the person, putting the loud speaker on, and using another smartphone to record them. The quality of the interview might not be as good as a voice note, but it will still work.



#### Who do you talk to?

A healthcare worker, a nurse, someone who models good health in your community or a municipal worker.

- What are the benefits of being healthy?
- What are the actions one can take towards being healthy?
- Why is it important for us to be healthy during the COVID-19 pandemic?
- What are some of the things that could compromise our health during this time?
- How does good hygiene help to keep us healthy?
- What are the different ways that water can keep us healthy?
- What can communities do to work together to ensure the health of all?
- What help is available to those who find themselves unhealthy during this time?
- What do you recommend for people with no access to handwashing facilities?



## VOXPOP



### Vox pop aim:

To get many different opinions on one topic. When reporting remotely, vox pop questions can be sent to radio show contacts using broadcast lists or candidates found through your social media, as long as members understand that they need to respond by voice note.



### Who do you talk to?

Anyone in the community.

### Suggested questions for recording vox-pops with people in your community:

- What does being healthy mean to you?
- What are you doing to stay healthy during COVID-19?
- What tips can you share with others about how to stay healthy?
- What challenges do you think healthcare systems are facing during COVID-19?
- What challenges keep you from staying healthy?
- How do you think handwashing helps to keep us healthy?
- What are the shops, taxis or clinics in your community doing to keep people safe during the COVID-19 pandemic?
- Who do you think is responsible for hygiene in the community?
- How much do you think your community knows about health and hygiene?

*Tip: If you interview someone who doesn't know about the COVID-19 outbreak or how to prevent it, use the information in the fact sheet to explain the basics about the virus to them.*



## AUDIO COMMENTARY



### Audio commentary aim:

To get people's opinion about a topic they care deeply about.



### Who do you talk to?

A person in the community or someone in your family who believes that having good health and hygiene is important during COVID-19.



## AUDIO PROFILE



### Audio profile aim:

To get a first person account of someone's experience. Audio profiles often aim to inspire.



### Who do you talk to?

Talk to someone who has to access the clinics or hospitals during COVID-19 in order to stay healthy, get medicine or access health services. You can also talk to a nurse or a healthcare worker who has seen what the effects of COVID-19 are on the healthcare system. You can also find someone in your community who you think models good health. Maybe you see them running each day or eating lots of fresh vegetables from their own garden. You can talk to a shop owner who has followed all the recommended safety measures, such as having hand sanitizers and practising physical distancing in their shop. Or you can even talk to a municipal worker who knows how having good hygiene, sanitation and water can impact the health of the community. The most important thing is to look out for people who will inspire others to practice good health behaviours or offer suggestions to improve one's health and wellbeing.

### Questions you can ask for the audio profile:

- Can you tell us what you do to keep yourself or others healthy?
- Why is being healthy important to you?
- What are you doing differently during COVID-19 to stay healthy?
- Why is it especially important to be healthy during this time?
- How did you learn about healthy living?
- What is the most challenging thing about staying healthy during this time?
- What role does handwashing play in keeping you healthy?
- What feelings do you experience when you see others not taking care of their health?
- What would you do if you didn't have WASH facilities to help you stay healthy?
- What advice or tips do you have to encourage others to be healthy?



## DID YOU KNOW



### 'Did you know' aim:

To share exciting, simple and informative facts. These can be shared in the form of statistics, numbers or statements. This is a great format to wrap up the show, emphasise the take-away message of the topic and inform listeners about updated and verified facts relating to the subject being discussed.



### Examples of 'did you knows' for your show:

- Improving hand hygiene practices may reduce infectious disease transmission in healthcare by 50%.
- Many illnesses could be avoided if everyone practiced proper handwashing techniques.
- Up to 80% of communicable diseases are transferred by touch.
- Only 20% of people wash their hands before preparing food, and 39% before eating food.
- Most bacteria on our hands is on the fingertips and under the nails. The number of bacteria on our fingertips doubles after using the bathroom.
- Elevator buttons have 22% more bacteria than toilet seats.
- Most people only wash their hands for 6 seconds.
- Hot water is just as good as cold water when it comes to getting rid of germs when you wash your hands.





## QUIZ

**NOTE: Adding the quiz format to your radio show is now compulsory**



**Quiz aim:** To test and reward your audience's knowledge on the topic. This format opens up engagement with your listeners, giving them an opportunity to respond to you and the topic. You can pre-record the quiz segment and make it part of your show, asking the audience to respond through your social media, promising to give them the answers in the next show. If your facilitator will be presenting the show from the station, they could ask the audience to participate in the quiz by calling in or reading their responses via social media during the broadcast. Lastly, the quiz can also be presented through a live broadcast of your pre-recorded show via Facebook Live or Instagram Live.

Things you need for this activity:

- Prepared quiz questions and answers
- Small prizes or rewards

Present some quiz questions and hand out prizes to those who answer correctly. From the fact-sheet, we created the following quizzes for you to use in your shows on Mental Health. Once you have used these examples, feel free to create more of your own questions to put your listeners to the test!



### Quiz 1:

Question: Which of these statements is false?

Hygiene includes disinfecting surfaces, hands, the environment and items of personal use.

Hygiene includes making sure you get enough sleep.

Hygiene includes keeping your surroundings clean.

The correct answer is B

### Quiz 2:

Question: What is the correct meaning for the word 'comorbidity'?

Being sick for over two weeks.

When your sickness doesn't go away.

When you have more than one illness or disease at the same time.

The correct answer is C

# HEALTH AND HYGIENE DURING COVID-19

## RADIO GUIDE & FORMATS



### HOW TO PRESENT YOUR SHOW



Because you are not on air, the reporters who are recording the formats will need to pre-record their intros and outros of their formats. You also have to decide as a group about who will present the shows that go out on air. Some of you may provide your facilitator with a script that will guide them on how you would like the show presented, or you may choose a youth reporter to do the intro and outro for the whole show. Making a decision about how you want to present your show should happen in your remote pre-production meetings.

*Use your produced radio features, your research and the suggested script and questions below to create your own script.*

[INTRO:]



**Host 1/Facilitator:** To all our listeners out there, thank you for joining us today and welcome to [NAME OF SHOW] on [RADIO STATION]. My name is [NAME] and I will be your host for today's show on Health and Hygiene. I hope that most of you are staying home and doing your best to follow the recommended safety measures to reduce your risk of getting COVID-19 or any other infection. Make sure to wear a mask when you leave the house and of course, remember to wash your hands!

It surprises most people to learn that washing your hands alone, is one of the most effective ways to reduce the transmission of infection. It's especially important for us to keep this practice up during the COVID-19 pandemic because the virus is mainly transferred through our hands. Research actually says that only 20% of people wash their hands before preparing food and only 39% wash their hands before eating.

There are several reasons why people find it hard to maintain good health or wash their hands. Some of us simply forget because we are not in the habit of doing it. That's why writing a sign or having a reminder somewhere in your bathroom or kitchen could be really helpful. Other people face real challenges of not having hand washing facilities like water and soap, or they live in overcrowded communities where there is limited access to health and hygiene facilities.

It's important to look out for any information that can help you or your community to find solutions to build your own hand washing stations or to save the amount of water you use. You can also reuse water from doing your laundry or from washing the dishes, especially if it has soap in it. To those of us who have extra soap, masks or even access to water, please donate to those in need. It will take all of us coming together as a society to make sure that we work together to reduce the spread of COVID-19. Staying healthy will not only help you, but will also help those around you! Let's hear more from others.

[PLAY PRE-RECORDED INTERVIEW WITH AN INTRO THAT TELLS US WHO IS BEING INTERVIEWED]

[PLAY PRE-RECORDED OUTRO:]

[INCLUDE PRE-RECORDED HOST LINKS WHERE NECESSARY BETWEEN FORMATS]

TIP: Having a clear show clock will prepare all the presenters or reporters about what intros, outros and formats they need to record before the broadcast date.

[OUTRO:]

**Host 1/Facilitator:** In today's show we spoke about what it means to be healthy, and we heard about the important role that hygiene plays in keeping us healthy. We heard stories of what people are doing in their communities to overcome their health challenges. We also got to know more about how difficult it can be for healthcare systems during a pandemic like COVID-19. Even though it's important for the world to focus on the COVID-19 virus right now, we can't forget that there are people out there who suffer from other diseases that still need attention and care. That is why if you have the power to take care of your own health from the safety of your home, then use it!

Thank you to all our guests and to all those who sent voice notes. Let's all continue with the good work of staying informed and maintaining good health and hygiene during this period. Our futures await us, so let's stay positive. Next week on [DAY] at [TIME] we'll be talking all about [NEXT WEEK'S SHOW TOPIC]. Until then, it's bye from us!