



English Master Script For Translation

Coronavirus

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Avoiding Coronavirus

1. The new coronavirus, or covid-19 is now in almost every country in the world. Most people who become infected will not be very sick and will recover, but some people will be very sick and need hospital care. Many people have already died from this virus.
2. In this lesson we will look at how you can protect yourself and your family. We will also learn what to do if someone you know gets sick.
3. Coronavirus is passed on through the air you breathe, and through coughs and sneezes. If you are close to someone who has the virus, you could get sick, even if they are not sick.
4. You could also get the disease if you touch an infected surface and then touch your eyes, mouth or nose.
5. Now here's a question for you. Try to answer using the up and down arrows on the controller.
6. Can you get Coronavirus just by being close to someone who has it?
7. Yes?
8. Or No?
9. Press a button now
10. That's right. You can catch coronavirus by being close to other people who might have it, even if they are not sick.
11. Take care of your health and protect others by following all the advice in this lesson.

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12. Wash your hands often, with soap and hot water if you can get it. Using an alcohol-based hand cleaner will also kill the virus.

13. Wash your hands for 20 seconds or more to wash your hands properly.

14. To wash your hands properly, start by making your hands wet with clean water. It does not have to be from a tap, it is OK to use water from a basin or another container.

15. Apply a lot of soap to your hands. Soap should be easy to find and cheap, if you don't know where to get soap from ask others in your community or at your local health centre.

16. Rub your hands together, until bubbles and foam appear.

17. Wash the front and back of your hands, in between your fingers, your thumbs, around your fingernails and under your fingernails and then rinse off.

18. Wipe your hands dry, preferably with a clean and disposable towel. If you do not have anything clean to wipe your hands with then just shake away the water.

19. Washing your hands with soap and water or using alcohol-based hand cleaner will kill viruses that may be on your hands.

20. How long should you wash your hands for?

21. You should wash your hands as quickly as you can?

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22. Or, you should wash your hands for 20 seconds or more?
23. Press a button now
24. Correct. You should wash your hands for 20 seconds or more.
25. What is the best thing to clean your hands with?
26. Water and soap if you can get it?
27. Or wipe them with leaves?
28. Press a button now
29. Right. Soap and water is best. You could use alcohol-based hand cleaner, but do not use normal alcohol.
30. To help keep your community safe, do not shake hands with people. Bow, nod or wave instead
31. Avoid touching your eyes, nose and mouth at all times.
32. Your hands touch many surfaces, and can pick up viruses. If you touch your eyes, nose or mouth the viruses can get into your body and make you sick.

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33. You should wash your hands whenever they might have germs on them.

34. You should always wash your hands before handling food. This includes before and after preparing any food, before eating and before and after feeding children or others.

35. You should wash your hands after using the toilet, helping your children to use the toilet or changing a nappy.

36. You should wash your hands after blowing your nose, coughing or sneezing.

37. You should wash your hands after touching animals or handling animal waste, and after handling any rubbish or food waste.

38. You should also wash your hands before and after you touch a sick or injured person and before and after you visit a hospital.

39. Now try to answer these questions?

40. Why should you keep your hands away from your face?

41. To stop viruses getting into your body through your eyes, nose or mouth?

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42. Or so that people can see you?
43. Press a button now
44. Yes. If you have the virus on your hands, touching your eyes, nose or mouth could make you sick.
45. You should wash your hands....
46. Whenever they might have germs on them?
47. Or only on Sundays?
48. Press a button now
49. Correct. Wash your hands after doing anything that might cause germs.
50. It is also important to try to have space between yourself and other people, even if they don't look sick.
51. Keep 2 metres away from other people, and try to stay away from crowded places.
52. When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus.

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53. If you are too close, you can breathe in the droplets, including the coronavirus, COVID-19, if the person coughing has the disease.
54. When you cough or sneeze, cover your nose and mouth with your bent elbow, not with your hands.
55. You can also use a paper tissue to catch your cough or sneeze, but you must dispose of it straight away and then wash your hands.
56. Why should you keep away from people who are coughing and sneezing?
57. Because it is polite?
58. Or because you could catch the disease from their cough or sneeze?
59. Press a button now
60. That's right. It is possible to get the disease from people who are coughing and sneezing, if they have it.
61. Face coverings, or masks, can stop you passing the virus to others, and will help protect you. Your face covering should cover your mouth and nose.
62. Wash your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.

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63. When you take off a mask, store it in a clean plastic bag. If you use a fabric mask wash it every day. If you use a medical mask, you should throw it away after using it.
64. If you make your own mask, it is best to use 3 layers of fabric. Don't use masks with valves as they could still let the virus through.
65. Why should you cover your nose and mouth?
66. To keep warm?
67. Or to prevent you spreading coronavirus, if you have it?
68. Press a button now
69. Yes. Covering your nose and mouth can help stop the spread of coronavirus.
70. Now we're going to look at what you should do if you think you might have coronavirus.
71. If you have coronavirus you might have a fever and a cough. You might feel tired, or not be able to smell or taste things as normal.
72. If you feel unwell, stay at home and keep away from others to protect them.

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73. But if you have fever, cough and difficulty breathing, get medical help. If you can, telephone or send a message before you go to the medical centre. This will help the health staff to keep you and others safe.
74. Stay informed, and follow the advice of your local health authority. They will have the best information on the situation in your area.
75. When should you get medical help for coronavirus?
76. If you sneeze once?
77. Or if you have a fever, a cough and difficulty breathing?
78. Press a button now
79. That's right – if you have difficulty breathing get medical help.
80. Before you go to the medical centre you should?
81. Try to send a message to tell them you might have coronavirus?
82. Or clean your house?
83. Press a button now
84. Correct. Send a message to say you might have coronavirus so that you get the right treatment and to keep other people safe.

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85. There are lots of things being said about coronavirus that are NOT true.
86. Following bad advice is dangerous, and could put you and your family at risk.
87. Some people say that the disease does not affect places where the weather is hot.
88. This is NOT true, the disease affects all countries, including those where it is hot.
89. Some people say cold weather can kill the virus.
90. This is NOT true, the virus lives inside the human body and it is not affected by the weather.
91. Where am I safe from the new virus?
92. Nowhere?
93. Or where the weather is very hot or very cold?
94. Press a button now
95. Correct. If the weather is hot or cold, you are still at risk. Follow the advice to keep yourself and your family safe
96. Some people say that taking a hot bath, or inhaling steam, prevents the new coronavirus disease

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97. This is NOT true. The best way to protect yourself is to keep your hands as clean as you can, and to keep a safe distance from other people. Taking a very hot bath can be dangerous.

98. Some people say that spraying alcohol or bleach all over your body can kill the new coronavirus.

99. This is NOT true. Spraying alcohol or bleach all over your body is very dangerous and it will not kill viruses that have already entered your body. You can use alcohol and bleach safely to clean surfaces, but do not spray your body.

100. Can alcohol protect you from coronavirus?

101. Yes

102. Or No?

103. Press a button now

104. Correct. Alcohol does not protect you from the virus. You can use an alcohol based hand cleaner to clean your hands, but it will not kill the virus if it is in your body.

105. There are some medicines that can help treat coronavirus, but they are not available in all places, and you should only take them if given by a doctor or health worker.

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106. There are vaccines that can protect you from coronavirus. If you get offered the vaccine, it is up to you to decide to take it. If you have the vaccine it can stop you getting sick and it can stop you passing the virus on to other people. This is why doctors advise almost all adults to have the vaccine.

107. There are a lot of things that are being said about the vaccines that are not true. The vaccines are safe, and there is nothing in them that will harm you.

108. The vaccines can protect you and other people. Many, many people have had the vaccine safely. Some people have a few side effects, but this is normal and will stop after a few days.

109. Is the vaccine dangerous?

110. Yes

111. Or No?

112. Press a button now

113. Correct. The vaccine is not dangerous. It can help protect you and other people. Until you can get the vaccine you should try to follow all the advice in this lesson.

114. People of all ages, in all countries can be affected by the new coronavirus. Older people and people with other health conditions should be especially careful, but young and healthy people are also dying.

115. Protect yourself by keeping your hands clean.

116. Keep your hands away from your face, in case the virus is on your hands.

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117. Keep a safe distance from other people, and wear a face covering to protect yourself and others.

118. Get medical help if you have a fever, a cough and difficulty breathing.

119. Follow the latest advice from the world health organisation and from your local health services.

120. Working together, we can keep people safe and reduce the risk from the new coronavirus, and from other diseases too!

121. That was the wrong answer. Let's go back and listen again

122. Sorry! Wrong answer.

123. Correct!

124. Hello. The title of this lesson is "Coronavirus". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.

125. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star