



Sioux Lookout
First Nations
Health Authority

Radio Script: Reviewing important infection prevention and control measures to protect against COVID-19

Updated: April 2021

Boozhoo and thank you for listening in! This is _____.

Today, we are going to review some teachings around COVID-19.

COVID-19 is a serious illness. It is spread by droplets. These droplets can get out when we cough, sneeze, laugh, shout, sing or speak. They can land on people or objects that are near us. You can get sick by breathing in droplets. Or if you pick up droplets on your hands and then touch your face. When we touch our face, any germs on our hands can enter our body through our eyes, nose, ears, or mouth. Once they enter our body, they can make us sick.

One way we can prevent this is by washing our hands. Handwashing is one of our best tools against COVID-19. It is important to wash our hands regularly.

We should wash our hands after using the toilet.

We should wash our hands before eating or preparing any food.

We should wash our hands before putting on, adjusting, or taking off a face mask.

We should wash our hands after cleaning any cuts or cleaning up bodily fluids.

We should wash our hands when we return home from an outing. This could be when come home from work, school, or shopping.

And we should wash our hands whenever we see that they are dirty.

We wash our hands using soap and warm water. You start by wetting your hands. Then you put some soap in the palm of your hands. Rub and clean the front and backs of your hands and in between your fingers for at least 20 seconds. This is how long it takes to remove the germs. Some people choose to sing 'Happy Birthday' twice through to help them keep track of the time. After at least 20



Sioux Lookout
First Nations
Health Authority

seconds has gone by, you wet your hands again. You use the water to wash away all the soap.

You then dry your hands using paper towel or a clean cloth towel. If you use a cloth towel, make sure to wash it in hot water often and don't share it with others. Cloth towels can hold onto germs after a while. This can make hand washing less effective. That's why we wash towels often and try not to share.

Soap and water are one of the best defenses against COVID-19. But you can use hand sanitizer if you don't have soap and water around and your hands don't look dirty. Choose hand sanitizer that has at least 60% alcohol in it. You can check this on the label. This is to make sure the sanitizer will do a good job at getting rid of the germs on your hands.

It is important to keep our hands clean. It is also important that we try to limit the spread of droplets. We can do this by covering our coughs and sneezes. This can be done in two ways. We can cover our coughs and sneezes using our elbow or sleeve. Or we can use a fresh tissue. If you use a tissue, you should toss the tissue into the garbage after using it. Then wash your hands. This is to get rid of any germs that you may have picked up from the tissue.

Try your best not to cough or sneeze into your hands. If you do, that's okay. Just go wash your hands right away to make sure you don't spread any germs.

Another thing we can do to reduce the spread of COVID-19 is keep surfaces clean. Cleaning helps remove things like dirt and oil from surfaces. Cleaning doesn't kill germs though. So, after we clean a surface, we disinfect it using a store-bought cleanser or bleach solution.

Clean and disinfect high-touch surfaces and items regularly. These are things like light switches, doorknobs, tabletops, phones, keys, and taps. If you have a vehicle, you should also regularly clean and disinfect its surfaces. These are things like the car door handles, the steering wheel, seatbelts, and control knobs.

You can clean things using a paper towel or washable cloth with soap and warm water. Cleaning wipes or spray cleaners also work. To disinfect things, you can use



Sioux Lookout
First Nations
Health Authority

a store-bought cleanser. You can also make a diluted bleach solution with water. For disinfecting things in your home, you can make a 1-part bleach to 50 parts water solution. For example, 250ml or 1 cup of water to 5ml or 1 teaspoon of bleach.

It is important to leave the disinfectant on the surface for the full rest time. This is the amount of time it takes to kill the germs. You can find this time written on the product's label. This time can vary between 30 seconds to 10 minutes.

If you use a diluted bleach solution, try to only make as much as you will need for that day. Bleach solutions can lose their effectiveness over time. So, it isn't a good idea to store leftover bleach solutions as they won't work as well.

Always read the label before you use cleaning products. Many contain chemicals that can hurt your skin, eyes, or lungs if they aren't used the right way. So, follow all of the instructions to stay safe. And remember to never mix cleaning products.

This brings us to the end of our review. Miigwetch for everything you are doing to help keep the community safe. All our work is making a difference. But this pandemic isn't over yet. So please continue to listen to the guidance from your pandemic team and public health leadership.

If you would like more information on COVID-19, you can visit the SLFNHA website. The address is www.slnha.com/covid/. You can also reach out to a member of the community pandemic response team.

Miigwetch and stay safe everyone.