



Sioux Lookout
First Nations
Health Authority

Radio Show: Physical Distancing

1-Person Script

Updated: April 2021

Hello everyone! Thank you for listening in. This is _____.

Today, we are going to talk about physical distancing.

Physical distancing is exactly what it sounds like. It is the act of keeping our distance from others and limiting our contact with people that we don't live with. It involves making changes to how we go about our day.

Over the last year, we have learned how to do this. We know to try and keep at least 2 metres between ourselves and others. Or to stay a moose length apart from those we don't live with.

But physical distancing can require different things in different places.

It can mean following the measures that are in place at work, school, or in the community.

It can mean avoiding in-person visits with Elders that you don't live with.

It can mean limiting your travel outside of the community.

It can mean waving or smiling at people you know instead of shaking their hand.

It can mean taking precautions if you share a ride with someone. Like sitting in the back seat, wearing a face mask, and opening a window if you can.

It can mean joining social gatherings and events virtually rather than in-person.



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And it can mean meeting with people outdoors when possible. We just need to remember to stay at least 2 metres apart or wear a face mask when that isn't doable.

As the pandemic stretches on, these measures can become tiresome. But with the continual spread of the virus, we need to keep up our good work. To protect ourselves and our families. And to protect vulnerable people in the community.

Our actions matter. We see this with the COVID-19 vaccine clinics. More people are getting vaccinated each week. Which means the members of our communities are gaining more protection from COVID-19. As we continue to vaccinate more people across Turtle Island, we need to keep doing everything we can to lower the spread of COVID-19.

This includes staying at home when we are feeling unwell.

As we have learned, COVID-19 can look like many things. The most common symptoms of COVID-19 are fever, cough, and shortness of breath. But there are people that report a decrease or loss of taste or smell, a sore throat, or a runny nose. Some people feel unusually tired, achy, or nauseous. Others report digestive issues like stomach pain, vomiting, or diarrhea. And some people with COVID-19 do not show any symptoms at all.

Because we can experience COVID-19 in many ways, it is important to return and stay at home when you start to feel unwell. You won't know it isn't COVID-19 until you get tested. So, if you or someone in your home is unwell, stay in place and call the nursing station or your healthcare provider.

Go to the nursing station or emergency room right away if you develop any emergency signs for COVID-19. These signs are:

- **Difficulty breathing or shortness of breath.** It can feel as if you've been doing lots of activity and you are having a hard time catching your breath.
- **Persistent pain or pressure in your chest.** This can feel like someone is sitting on your chest.
- **New confusion.** This would be things that the person is not usually confused about, even if they have memory issues.



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- **Struggling to wake someone up.** And,
- **Blue lips or face.** These are signs of not being able to breathe and this is a medical emergency.

If you have questions about symptoms of COVID-19, talk to your nurse or doctor.

We hope this information has been helpful. Physical distancing is an effective tool to help us slow the spread of COVID-19. It is even more effective when we practice physical distancing with our other public health measures.

Washing our hands with soap and warm water for least 20 seconds. Or using an alcohol-based hand sanitizer when soap and water are not available.

Wearing a face mask when we are in public spaces or when we can't practice physical distancing.

Covering our coughs and sneezes with our sleeve or a tissue.

And keeping unwashed hands away from our face.

For more resources, visit www.sfnha.com/covid/.

As we end the broadcast, we want to remind you about NAN Hope. Nishnawbe Aski mental health and addictions support access program is for all NAN citizens. Our mental health is just as important as our physical health. So, if you need to talk to someone, reach out. You can speak with someone by calling 1-844-626-4373. If you would prefer to text for support, visit nanhope.ca.

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