Health Navigator New Zealand

Aotearoa e te toa!   
A series of resources for people with COVID in the community

# Transcript: How to reduce the spread of infection in your home

## [Introduction]

| **Audio** | **Visual** |
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| [Guitar music] | Aotearoa e te toa!  How to reduce the spread of infection in your home |
| [Guitar music]  [Narrator] Isolating at home can be a challenge, especially if you live with other people or in smaller spaces. Here’s some ways to stop COVID-19 spreading to your whānau or roommates. | Woman #1 sits on the bed in her bedroom, using a tablet device.  A man sits on the bed in his bedroom, reading a book. |

## [Ways to reduce the spread of infection]

| **Audio** | **Visual** |
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| [Guitar music]  [Woman #1] We’re lucky that there’s a sleepout in the garden, so I’m using that until I feel better.  If you don’t have a sleepout, you’ll have to stay in your house in a separate room or a space all to yourself as much as you can. And keep the door closed.    Keep the windows open to let fresh air circulate. | The woman stands in her room.  Hands open a window. |
| [Guitar music]  [Woman #2] If you have to stay in your house like me, use a separate loo or bathroom. If you have to share, try using it after everyone else so it can be cleaned and ready for everyone else to use again. | Woman #2 stands in a bathroom. |
| [Guitar music]  [Woman #2] Clean and disinfect all the surfaces you touch around your home, like taps, toilet flushers, door handles, light switches, keyboards and benches etc. | Woman #2 cleans the sink, toilet flush, light and light switch. Next, she cleans the kitchen benchtop. |
| [Guitar music]  [Woman #2] Afterwards and often during the day, wash your hands with soap and water for at least 20 seconds. Then dry your hands well and put the towel in the wash – or rubbish if it’s paper. | Woman #2 stands in the bathroom, washing and drying her hands. She puts the used towel into the wash. |
| [Guitar music]  [Woman #2] It’s a good idea to have hand sanitizer around the place, and you need to rub your hands with it for 20 seconds. | Woman #2 stands in the kitchen and uses hand sanitiser, rubbing it on her hands for 20 seconds. |
| [Guitar music]  [Man] Avoid using shared spaces, like the kitchen or dining room, at the same time as other people. Eat in a different room from other people.    And make sure you don’t share cups, glasses, plates and cutlery. Wash them separately in really hot soapy water. | The man stands in the kitchen, making a cup of tea. Then he is shown in the garden, eating by himself at a table.  Then he stands in the kitchen and washes his glasses, plates and cutlery in hot, soapy water. |
| [Guitar music]  [Man] If you DO have to use a shared space with others in your household, everyone, including yourself, should wear a mask, keep a distance of at least 2 metres and keep windows open to get that fresh air in. | The man is wearing a mask. He carries a basket of laundry across the lounge, passing woman #2 at a distance. She’s also wearing a mask. |
| [Guitar music]  [Woman sneezes] Achoo.  [Man] Bless you. | The man is wearing a mask. He’s in his bedroom, where he’s put the laundry basket on the bed. |
| [Guitar music]  [Woman #2 coughs]  [Woman #2] Try to cough or sneeze into your elbow, or cover your mouth and nose with tissues. | Woman #2 coughs, covering her cough with her hand/arm. Then she blows her nose, covering her mouth and nose with a tissue. |
| [Guitar music]  [Woman #2] Put your used tissues into a lined rubbish bin and wash or sanitize your hands again. Easy as. | Woman #2 puts her used tissue into a lined rubbish bin, and then rubs hand sanitiser on her hands. |

## [Key messages]

| **Audio** | **Visual** |
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| [Guitar music]  [Narrator] You can do this, and if at any time you have any concerns, the healthcare team is just a phone call away. | A notecard or notepad is shown with the heading “Key messages”.  The messages are listed:   1. Stay away from others in your own room if possible. 2. Keep the room well ventilated with fresh air. 3. Use a separate toilet and bathroom, or use it after everyone else. 4. Disinfect and clean all surfaces you touch. 5. Wash your hands often. 6. Avoid shared household spaces like the kitchen or dining room. 7. Use separate cups, plates, glasses, etc and wash in very hot water. 8. If you have to share a space, everyone should wear a mask and keep a distance of  2 metres or more. |
| [Guitar music] | Credits are shown:   * Health Navigator New Zealand * Te Poari Hauora Ā Rohe O Te Tai Tokerau/Northland District Health Board * Ministry of Health/Manatū Hauora   A website URL is shown:  [hn.org.nz/stopping-the-spread](http://hn.org.nz/stopping-the-spread)  In partnership with Northland DHB and the Ministry of Health |
| [Guitar music] | Text appears, which says:  Animation by:  A group of paper airplanes swirls around, and then a logo appears:  Benchmedia Infotainment & Content Solutions |