



**CORONA FET**



**Week: 15<sup>th</sup> – 21<sup>st</sup> November 2020**

**Big Idea of the Week:  
What Does At Least One Meter  
Look Like to You?**

Coronavirus spreads when we spray tiny liquid droplets from our mouths and noses when we talk, sing, cough, and sneeze, and someone else breathes in that spray.

The closer we are to someone who has coronavirus and sprays these droplets, the better chance we have at breathing in the virus – *especially* if we are not wearing masks.

That is why social distancing helps protect us and others from coronavirus. Social distancing means keeping ***at least*** one meter from others.

The distance leaves room for the sprayed liquid droplets to fall to the ground or scatter before they reach us. The more space, the safer we are.

For some of us, imagining one meter can be challenging. Instead, it can help to picture the length of arms stretched. Or the length of one lappa, one wheelbarrow, two desks or three goats!

What does at least one meter look like to you? Let us know how you picture social distancing to protect yourself and others from coronavirus.

**Corona fet na we all fet!**

#### **Suggestions for people to interview**

- Business owners
- Community leaders, including pastors and imams
- Teachers, students
- Traders
- Police officers

#### **Suggestions for questions for interviews and panel discussions**

- What is social distancing?
- How does social distancing help protect us and others from the spread of coronavirus?
- What does social distancing look like to you? How do you picture “at least one meter” distance between yourself and others?
- Is social distancing something you can do in your daily life?
- What are other things we can do in addition to social distancing to help stop the spread of coronavirus, or things we can do when social distancing is not possible?

#### **Additional messages**

Social distancing Salone-style! Let us know what at least one meter looks like in your daily life.

When going out in public, it is important to stay at least one meter away from other people and wear a mask to help stop the spread of coronavirus.

Some tips for practicing social distancing when you decide to go out include:

- When possible, avoid crowded vehicles where multiple passengers are picked up.
- Avoid crowded places and gatherings where it may be difficult to stay at least one meter away from others who are not from your household. If you are in a crowded space, try to keep a distance between yourself and others at all times, and wear a face mask.
- Stay socially connected with friends and family who don't live in your home by calling, using video chat, or staying connected through social media.

Social distancing should be practiced in combination with other everyday prevention actions to help stop the spread of coronavirus. Two very important actions include wearing masks when in public and around others and frequently washing your hands with soap and water or using a hand sanitizer with at least 60% alcohol.

If you have fever, tiredness, and cough, call 117 right away. Getting tested for coronavirus right away is important for protecting your loved ones, friends, and coworkers, and stopping the spread to others.

Most people who get coronavirus have only mild symptoms or do not show any signs and symptoms at all. But people with mild or no symptoms can still spread the virus to others.

Because most people with coronavirus have only mild symptoms or no symptoms at all, you cannot know for sure who has the virus.

It is possible for you, or the person near you, to have the virus and not know it.

While most people who have the virus feel fine, some people can get very sick and even die, especially people who are older or have other health conditions.

Older people and people who have health conditions like diabetes or heart disease are at higher risk of getting severe form of sickness from coronavirus.

Although the risk of severe illness may be different for everyone, anyone can get and spread coronavirus. Everyone has a role to play in slowing the spread and protecting ourselves, our families, and our communities.