

# Radio PSA Transcripts for COVID-19 Symptoms

## 60-Second Version

I am \_\_\_\_\_ from \_\_\_\_\_. Coronavirus is in our community.

If you have fever, cough, breathing problems, chills, muscle pain, headache, sore throat, runny nose, nausea or vomiting, diarrhea, or loss of taste or smell, take steps to keep you and your family safe.

- Stay home and separate yourself from people and pets.
- Wear a mask when around others.
- Rest and drink plenty of water.
- Sneeze and cough into a tissue, not your hands.
- Wash your hands with soap often.
- Do not share food or items like utensils or towels.
- Disinfect shared surfaces and objects often.

Contact your healthcare provider or IHS service unit as soon as you have symptoms, especially if you are over 60 or you are obese, diabetic, or have heart or lung issues. If you have trouble breathing, chest pain, confusion, or blue face or lips, call 911 immediately.

Let's work together to keep our community safe. Visit [CDC-dot-gov-slash-Coronavirus](https://www.cdc.gov/coronavirus) for more information.

## 30-Second Version

I am \_\_\_\_\_ from \_\_\_\_\_. Coronavirus is in our community.

If you have fever, cough, breathing problems, chills, muscle pain, headache, sore throat, runny nose, nausea or vomiting, diarrhea, or loss of taste or smell:

- Stay home and distance from others.
- Rest and drink plenty of water.
- Wash your hands with soap often.
- Do not share food or objects.
- And disinfect the home often.

Contact your healthcare provider as soon as you have symptoms. If you have trouble breathing, chest pain, confusion, or blue face or lips, call 911 immediately.

Visit [CDC-dot-gov-slash-Coronavirus](https://www.cdc.gov/coronavirus) for more information.

**For questions, comments, or inquiries, please contact Research Associate Justin Mayhew at [jmayhew2@jhu.edu](mailto:jmayhew2@jhu.edu).**



JOHNS HOPKINS ▲▲▲▲  
CENTER FOR AMERICAN  
INDIAN HEALTH

Effective November 5, 2020  
Source: CDC