

C19 Video Script - English

Tica

Introduction

My name is Tica Muntean and I am a Roma Community Worker in Pavee Point Traveller and Roma Centre.

Sadly, we know that coronavirus is affecting our community but there are things we can do to protect ourselves, and each other.

Roma are used to always being together but if we want to look after each other, it is very important we keep our distance during this crisis so we can stay safe.

Stay at home

It is very important that during this time you stay at home and do not have anyone visit you.

Keep away from older Roma, Roma with medical issues, and Roma women who are pregnant.

This is a time to come together as a community and do everything we can.

If you are asked to self-isolate

Self-isolation means staying indoors (maybe in your own room). Completely avoid contact with other people in your home.

Your doctor will ask you to do this to stop other people from getting Coronavirus. You may need to self-isolate:

Before you get tested for Coronavirus. While you wait for test results. If you are told you have Coronavirus but have mild symptoms that can be managed at home.

If you are asked to self-isolate, you should:

1. Stay at home and do not go out
2. Try not to have visitors in your home
3. Keep 2 metres apart from others
4. Wash your hands often
5. Cover your coughs and sneezes
6. Avoid sharing things like dishes

7. Clean your surfaces with the usual disinfectant products you buy in the supermarket. They can kill Coronavirus.
8. Wear gloves while handling dirty laundry.
9. Put all your rubbish in 2 plastic bags (double bag it)

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If you cannot self-isolate at home

If you cannot self-isolate at home, don't worry, arrangements can be made to support you.

If you have a problem self-isolating at home, or you want more information on Covid-19, you can contact the Roma Infoline on 087 126 4606.

Remember to stay safe and look after each other. We can get through this together.