**COVID-19 RADIO SCRIPTS, rewrites April 24, 2020 (revised 10:30 am)**

**“Let’s Keep the Lid on COVID-19” 4x30**

**Social distancing**

As Governor Dunleavy moves to reopen Alaska’s economy we need to be extra diligent to prevent the possible spread of COVID-19. Every Alaskan should continue to:

* Wash their hands often;
* Limit contacts outside of their immediate family
* Find safe ways to get out and enjoy Alaska...
* But if you do go out - stay 6 feet away from others and wear a cloth face covering;
* And, if you feel sick - isolate yourself and contact a local health care provider for testing.

Let’s keep the lid on COVID-19.   
Learn more at coronavirus-dot-alaska-gov.

**Guidance for vulnerable populations**

As Alaska’s economy begins to reopen, older adults and anyone with an underlying medical condition, needs to continue their best efforts at reducing their risk of being exposed to COVID-19.

* Stay home as much as possible
* Ask others to do errands for you
* Have enough household items and groceries on hand – or have them delivered
* Monitor your health and contact a local health care provider for testing at the first sign that you may be sick

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**Guidance for general public**

As Governor Dunleavy moves to reopen Alaska’s economy we all need to keep working together to prevent the spread of COVID-19.

* Wash your hands often with soap and warm water for 20 seconds.
* Avoid touching your eyes, nose and mouth.
* Stay six feet away from others, and wear a cloth face covering
* Avoid shaking hands or hugging,
* And at the first sign that you may be sick — stay home and contact a local health care provider for testing.

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**TESTING**

This is Dr. Anne Zink. As Alaska’s economy begins to reopen, testing for COVID-19 will become even more important. If you’re feeling even mildly ill with new symptoms like fatigue, cough, fever, or a decreased sense of taste or smell, please contact a local health care provider — like your family doctor or public health nurse. Increased testing will help keep the lid on COVID-19.

(tag) For more information or to find a testing site near you go to coronavirus-dot-Alaska-dot-gov.