Wellshare and ICSA/OPR Script for Video, Topic is:

COVID-19 Testing and Providing Islamic Guidance Towards Protection of Public Health.

3 Participants: Haweya, Imam Sharif, Abdillahi Ganey.

Abdillahi Ganey: Hello, it is another program of COVID-19 awareness raising tv programs that Wellshare and Darul-Hijra prepare and produce for you. Today, the program is about Testing Covid-19. We will answer questions like: Why is testing for this virus such any important part of getting control of this illness?

Haweya My name is Haweya Farah. I have a specialized lungs and respiratory system and for the last 15 years I have been working at a hospital. Today I want to help you understand COVID-19, how it spreads and what to do to protect themselves from the disease. The first thing i wanna talk about is how this virus spreads:

- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- By coming into contact with respiratory droplets produced when an infected person coughs, sneezes or most common, when someone talks. This is why masks are so important. These droplets can be in the air or on surfaces, like railings, door handles, our own hands, etc.
- Minimizing contact with others that you do not currently live helps not to get virus. You should avoid coming into contact with others or places where others have recently been – in apartment complexes this means the elevator, hallway door handles, shared laundry rooms, common rooms, etc.
- Great number of Somali community members live in hi tower buildings.So we need to protect ourselves and be very careful when we are at elevators and places like that.
- People who live in densely populated spaces – like the apartment complexes or other large apartment complexes where many
- people live close to one another to take special care to isolate as best they can.

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- Make sure you have access to and understand the accurate and current information about how to practice preventive measures, such as hand washing and social distancing.
- The best way to limit the number of people who will get sick is important to know who is sick and whom these individuals might have come into contact with.

Another thing to know is that some people are sick with COVID-19 without showing any symptoms, and you can assume that they don't have the disease. Sich people with no symptoms can spread the virus, because the virus is in their body. So it is safe to assume that everyone could have Coronavirus and you have to be very careful and practice social distancing.

What are the best ways we can protect ourselves and our families from catching this illness?
- You should go to social gathering places.
- When you go shopping you should wear mask
- I see many people that wear gloves. Gloves sometimes might help the virus to spread. Medical people wear gloves and they know how to safely change them.

Imam Sharif: My name is Imam Sharif Mohamed I am the Imam of Darul Hijra Masjid at Cedar Riverside neighborhood, Minneapolis, MN. We are talking about how Islam values the health of people. Allah created the world and Allah encourages us to gain knowledge and to obey scholars. Allah talks about education in more than 700 viruses in the Koran. So when we are talking about health issues we should listen and obey health experts. That what Islam teaches us. And we did it now. You know that mosques are closed to keep a person healthy. Allah says, "I have honored the children of Adam."

It is also very important that in order to protect the soul, when the disease spreads, our religion requires that we be isolated. Prophet Mohammed said when the epidemic broke out, people should not get involved. The Prophet also said "Do not leave a place where there is a contagious disease, if you are not there, do not leave" This means quarantine. In Islamic history many times mosques have been closed to prevent the spread of disease. Allah says, "I have honored the children of Adam."

The second point that I want to point out is, since we are in a breakout situation, and we need fellow guidelines, we really need to do testing. Checking whether you have the virus or not is very important. The Coronavirus testing is available so everyone should do the testing. The question is why testing is so important:

Testing is a tool that can be used to learn very important information about your health and the impact you may have on others. Testing is the best tool we have to find out where the virus is, and testing gives us the chance to keep sickness from spreading further.

Testing allows us to identify those that might have come into contact with a person who is now infected. If we have a test that shows someone does have the COVD-19 virus, we know that the people this person has come into contact with are now at risk. If we know this information, then we can reach out to these people and help them to care for themselves. We also have a chance to make sure they isolate and don't further spread the illness to others.

There is another question that you may have. If we have the belief that we might be feeling ill or believe we have come into contact with someone who might be ill with this virus – should we seek testing?
Yes. If you suspect that you may be ill, contact your doctor or clinic to ask where and when is the best time to get tested for COVID-19 infection. During this time it is critical that you do everything you can to not further spread this virus. You should behave in a place where you assume you do have the virus, even when you only suspect. You must take care of yourself, your family, and our community by isolating yourself during this time while you wait to take the test or wait for the results. Please do not wait until after you've taken this test to take these important precautions. and if you feel sick you should:
- Stay in another room or separate as much as possible.
- Use a separate bedroom and bathroom if possible.
- Bathrooms are a higher risk area of the home, if you cannot isolate, you must work very hard at cleaning this room with disinfectants.
- Wear a face mask if you need to be around other people and cover your mouth and nose when you cough or sneeze
- Try to have good airflow in the home, open windows if weather permits.
- Make sure everyone in the home is trying to avoid touching their mouth, eyes and nose with unwashed hands.
- Do not share dishes, glasses/cups, silverware, towels, bedding. Wash those used by sick person with hot water and dish soap or in the dishwasher.
- Clean all surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards at least once per day.
- Wash laundry often.

We are doing this to protect ourselves. Prophet Mohamed Said " One must not harm himself or bring harm to others."

If you are sick go get help. tell everyone to do the testing. and finally i wanna say We must as a community work to support one another, provide, in safe ways to those that must be quarantined. We also must hold each other accountable; we are a strong community and we must show ourselves and our community that our faith guides us to the right path, the path of care and mercy for all.

You have to be supportive and support your people. Be responsibility and do you part to protect ourselves, our communities, and children and our vulnerable adults. We have to become a strong community which supports each other during difficult times. We have to be kind to each other.

Haweya: The kind of testing we are talking about here, the kind to determine if you are now sick, this testing is done by getting a sample from the back of your throat and sending this sample to a lab. This will take a couple days before it can be determined if you have the virus.

Testing might happen in a lot of different ways depending on who is doing the testing and why. It is best that when you reach out to your clinic or doctor, ask them for this test, tell them why you would like the test, and ask them what the steps will be to have this done for you.
If you think that you had the virus a month and half ago, you can do blood testing, which tells if you had the virus.
You may go for testing to the People's Center or CHUCC Clinic.

If you test positive, what will be the next step?
If you test positive, someone from your clinic or from public health will contact you. They will look for your help to identify who else may be at risk and should be contacted. This is an important step to get control over this virus - this part of the process is called contact tracing.

After collecting names and perhaps contact information from you that nurse or public health person will then contact the individuals you may have come into contact with, they will not give them your name. These people will not know you have tested positive or that it was you that may have infected them. By sharing their names you remain

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anonymous and you protect the health of others. By sharing who may be at risk, you help to defeat the spread of the illness.

Abdillahi Ganey: If you want to receive information about COVID-19 text YES to 612 474-2290. Repeating: If you want to receive information about COVID-19 text YES to 612 474-2290.