



## TRANSCRIPT

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### Title: How can we Flatten the Curve? COVID-19

*(Moving graph depicts a high curve showing the number of cases in relation to the time since the first case was recorded).*

**Flatten the Curve** refers to the goal of slowing the spread of COVID-19 by taking protective measures.

*(Graph depicts level of healthcare system capacity with line dissecting through the middle of the curve representing cases without protective measures).*

Left unchecked the spread could overwhelm the capacity of our healthcare system.

If we take no protective measures the spread will grow exponentially, outpacing our healthcare system.

*(Graph shows new lower curve below the dissecting line of healthcare system capacity representing cases with protective measures).*

By following basic protective measures, we can **Flatten the Curve**, which means less people get sick and ensures proper care for those that do.

Here are things we can all do to help stop the spread of COVID-19:

Hand Hygiene: Wash hands frequently for at least 20 seconds, don't touch your face.

Respiratory etiquette: Cover coughs and sneezes.

Social Distancing: Maintain at least 6 feet of separation and avoid groups of people.

Stay Home: Follow directives from CDC and local health authorities.

We all need to take these measures seriously for the safety of all. Please do your part to **Flatten the Curve**.

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