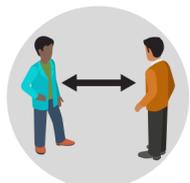


Tips for broadcasters

Staying safe while continuing to work



Work at a distance. Whenever possible, conduct interviews and team meetings via WhatsApp or by phone.



If you must conduct a face-to-face interview, respect physical distancing. Attach a long selfie-stick or pole to your microphone. Also, stand at an angle to interviewees rather than face-on. If it's not possible to following physical distancing, consider cancelling the interview.



Disinfect yourself and your equipment. Disinfect hands before entering the studio or using equipment like microphones, tables, desks, computers, chairs, and offices, and disinfect your hands afterwards. Clean soundboards after each show. Disinfect with soap and water or an alcohol-based solution, including gel or wipes. Don't forget to clean your phone!



Take care of your mental health. Even the most experienced journalists may struggle psychologically when reporting on COVID-19. Management should regularly check in with staff to see how they are coping and offer guidance and support. Take regular breaks and pay attention to your energy level and fatigue, remembering that tired individuals are more likely to make mistakes with their hygiene.



Don't leave equipment lying around when you are on assignment. Also, use a hard-sided case to store it. It is easier to wipe down and clean a hard-sided case. Put everything back in the case when not using it, and close the case.



When on assignment, safely put on and take off Personal Protective Equipment. This includes disposable gloves, face masks, protective aprons, overalls, and bodysuits, and disposable shoe covers. The risk of contamination is high, so take these measures seriously. If in doubt, seek expert guidance and training before going on assignment.



Consider staying away from sick people. Though hospitals and health centres may be "where the big story is," consider not visiting to maintain your own health and safety. You might choose to cover other stories related to COVID-19. This may mean avoiding health centres, testing centres, morgues, refugee camps, quarantine zones, densely packed urban areas, or the homes of sick people.



Take great care when interacting with older people and those with underlying medical conditions. These groups of people are at greater risk from COVID-19, so you may choose to conduct phone or WhatsApp interviews. If you fall into one of these categories yourself, you may decide it's safest to stay home.



Make plans with your colleagues and your family. Discuss your management team's plans if they need to assist and support you if you fall ill while on assignment. Keep in mind that you may need to self-isolate and/or may be grounded in a quarantine/lockdown zone for an extended period of time.