



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	IsiXhosa Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Esi sisaziso ngesifo iCorona virus okanye iCovid-19 ngokunokutsho.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	ICoronavirus okanye COVID-19 yintsholongwane eqale ukusasazeka ekupheleni konyaka u2019 nasekuqaleni konyaka u2020
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Eli lixesha apho abantu jikelele kwilizwe bakhuthazwa ukuba bahlise umoya, bomelele njengokuba sijongene nesi sifo.
It is easily transmissible from person to person through respiratory droplets, or small drops of water that are produced during breathing, laughing, singing, coughing, sneezing, or even talking.	Isasazeka lula le ntsholongwane kubantu ngabantu ngamathontsi emoyeni avela ekukhohleleni okanye ekuthimleni, ukucula, ukuhleka kwaye nokuthetha.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Xa usuleleke sisifo iCOVID-19 usenokuba nomkhuhlane okanye ukukhohlela okomileyo. Nangona nje ezinye iimpawu zisenovela.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Abantu abadala ngabona base ngozini yokugula kakhulu ngaphezu kwabantu abatsha xa bethe bafumana iCoronavirus.
Indigenous Nations are being affected by COVID-19. It is important to limit the spread of COVID-19 to protect history, traditions, leaders, and communities.	Abantu bonke nabasezilalini baya chaphazeleka yi COVID-19. Kubalulekile ukunciphisa ukusasazeka kwe COVID-19 sizokhusela imvelaphi yethu, amasiko kunye nezithethe, abaphathi kunye no luntu jikelele.
Coronavirus spreads through respiratory droplets that spread through the air. These respiratory droplets can directly spread from one person to another, or they can spread from an object to a person.	ICoronavirus isasazeka ngamathontsi emoyeni. La mathontsi asuka kumntu aye komnye umntu, okanye asenokusuka kwi nto enentsholongwane aye emntwini othe wayiphatha.
Coronavirus can be spread by touching objects that have been exposed to respiratory droplets from other people. For example, if someone sneezes and covers their mouth with their hands and then touches a doorknob, the virus could be on the doorknob.	ICoronavirus isasazeka ngokubamba izinto ezine ntsholongwane ebezithe zafumana amathontsi asuka kumntu owasulelekileyo. Umzekelo, xa umntu ethimla agqume ngezandla akugqiba abambe ucango, intsholongwane isenokuba secangweni.
The spread of coronavirus can be prevented by washing hands with soap and clean water for 20 seconds and by wearing a mask, if these resources are available.	Usasazeko lwe coronavirus lungathinteleka ngokuhlamba izandla ngamanzi ane sephu ubuncinane imizuzwana eyi 20 nangoku nxiba isifonyo, xa ezi zinto zifumaneka.



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<p>Cleaning surfaces such as door handles that a lot of people use and covering coughs and sneezes with your elbow instead of hands can help limit the spread of the virus.</p>	<p>Ukosula indawo ezinje ngamacango ezisetyenziswa ngabantu abaninzi kwa noku gquma ngengqiniba hayi ngezandla xa sikhohlela okanye sithimla, kunganceda ukuthintela usasazeko lwe ntsholongwane.</p>
<p>Limiting physical contact with others outside of those who live in your house is important to prevent the spread of COVID-19.</p>	<p>Ukunciphisa indibano nabanye abantu abangahlali ezindlini zethu kubalulekile ekuthinteleni usasazeko lwe COVID-19.</p>
<p>This may mean not being able to hug grandchildren or shake a neighbor's hand, but it is important for your health. This may also mean that some traditions may have to be celebrated differently during this time. Large gatherings of people are not advised.</p>	<p>Oku kuthetha ukungagoni abezukulwana okanye ukunga xhawuli isandla sommelwane, kodwa kubalulekile kwi mpilo zethu. Kusenokuthetha ukuba amanye amasiko kufuneka siwenze ngendlela eyahlukile. Iindibano zabantu abaninzi azikhuthazwa.</p>
<p>If you do need to interact with someone outside your home, standing at least 6 feet (2 meters) away can also help coronavirus from spreading.</p>	<p>Ukuba uyadinga ukudibana nomntu ohlala ngaphandle kwakwakho, yima ubuncinane be mitha ezimbini kuye ukwenzela uncede usasazeko lwentsholongwane.</p>
<p>Let us be reminded of our traditional medicines, while at the same time listening to what is being prescribed by the relevant authorities.</p>	<p>Masikhumbuleni amayeza ethu akwantu kodwa sisebenzise nalawo siwanikwa ngabe ziko lezempilo.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Masikhumbuzeni abantu abadala ukungayi kwindibano zabantu abaninzi kodwa bangahlali emakhaya bazikhethe bebedwa.</p>

