

## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Koande Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Kuno ke kubijika ku kintubwingi pa kuvukuka kwa kikola kya twishi twa corona nangwa amba covid 19
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Kikola kya corona nangwa amba covid 19 ke twishi twatendeketele kusambwazhana kumpelo ya mwaka wa 2019 kabiji ne kuntendekelo ya mwaka wa 2020.
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Kino kyo kimye bangikazhi mu ntanda batundaikwa kutekanya kabiji kukosa na mambo a bulemo bwa kino kikola.
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.	Kino kikola kyapela bingi kusambuka kufuma ku muntu umo kuya ku muntu mukwabo kupichila mu nsamusamu ifuma mu kupema, kukopola, kuchamuna, kwimba nangwa kwamba.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Inge mwakwatwa na kikola kya covid 19, muntu wikala na mashika nangwa kikopolo kabiji tuyukilo tukwabo twakonsha kusoloka.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Bakulumpe baji pa bulemo bukatampe mu mukolwa bingi kwesakanya na mafumbi akwabo inge bakwatwa na kikola kya covid 19.
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.	Byalo byonse bibena kukwatwa na kikola kya covid 19. Kyanema kukepeshako kusambwazhanya kwa kikola kya covid 19 mu kukikizha mpito, kisho, bantangi ne bijiji.
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.	Twishi twa corona tusambuka kupichila mu nsamusamu ipichila mu mwela wa kupema. Ino nsamusamu yakonsha kusambuka kufuma ku muntu umo kuya ku muntu mukwabo nangwa kufuma pa kipe kuya ku muntu.
Coronavirus can be spread by touching objects that have been exposed to respiratory droplets from other people. For example, if someone sneezes and	Twishi twa corona twakonsha kusambuka kupichila mu kukwata bipe biji na twishi kufuma ku nsamusamu ya muntu. Mu kufwanyikizha, inge muntu umo wafyona ne



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<p>covers their mouth with their hands and then touches a doorknob, the virus could be on the doorknob.</p>	<p>kuvweta ku kanwa kanji na maboko kabiji wakwata ku kibelo, twishi twakonsha kushala ku kibelo.</p>
<p>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.</p>	<p>Kusambwazhana kwa twishi twa corona kwakonsha kushindwa kupichila mu kowa ku maboko na mulola ne meema atoka na kimye kya 20 seconds kabiji ne kuvweta ku myona ne kanwa nama face masks.</p>
<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>Kuwamisha bintu nobe mikoto ya bibelot kukwata bantu bavula ne kuvweta pa bikopolo ne mafine na nkokola yenu kukila maboko kyakonsha kukepeshako kusambwazhanya kwa twishi.</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>Kukepeshako kwikwata na bantu bakwabo bafuma kungi kukila bomwikala nabo panzubo kyanema mu kukanya kusambwazhanya kwa kikola kya 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>Kino kyalumbulula amba kuleka kwikumbata na bankana benu nangwa kwiimuna mu maboko na bantu bemuzhokoloka, pano kyanema ku bumi bwenu. Kino kabiji kyalumbulula amba bisho bimo byafwainwa kubiwa mu jishinda jikwabo mu kino kimye. Kupwila bantu bavula pano kechi kyaswishiwa ne.</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>Inge mukeba kwisamba na muntu mukwabo pangye ya nzubo yenu, kwimana patalumuka nobe 2 meters kyakonsha kwimukwasha kubula kusambula twishi twa corona.</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>Twayai twivululemo pa michi ya kimuntu, kasa pa kimye kimotu tubena kumvwa bibena kwamba ba mingilo pa kino kikola.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Twayai tuvululemo bakikulumpu betu kutalumuka, pano bino kuleka kufyama.</p>