



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Samburu Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Iyolo ana ardasi naa lomom loo dede le mpukunoto e sayet e corona tanaa Covid-19.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Iyolo ana sayiet e corona tanaa Covid-19 naa ketang'asua te musho e lari le 2019 o ng'asunoto e lari le 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.	Nkatai ana nayiare peetiring'a laramatak, neitogolio abaki tanaa ketogolto lomom.
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.	Kesiooki ana moyian aitarasaki likai tung'ani tee nkitong'ot e nkare e ltau tanaa nkitong'ot e nkare naitai ltung'ani teneyeng', tenekweni, tenerany, tenelua, tenesing tanaa sii teneiro.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Kore piitum ana sayet naji Covid-19, indim nitum nkirewa te sesen tanaa tinilua, neidim sii nidol nkulie duat eana moyian.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Kore peetum ltung'ana ararin, naa keitorno ana sayiet tee ninche ajool lkule tung'ana pookin.
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.	Ketumo abaki nkule kopi ee laramatak o ltung'ana le kiasili. Keishaakino payie kimbooyo lototo eana sayiet tee atua ltung'ana lang' piikitum aibung'a lkereti lang o lararin lang' o losho lang' pookin.
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.	Keloolo ana sayiet e corona tee nkitong'ot e nkare naapuku tee seseni lang' aimaa siwo. Keidim kuna kitong'oto e sesen nepuopuo tee ltung'ana tanaa tinikimbung' ng'ojitin naaibung'a ltung'ani loata.
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	Ketum ltung'ani sayiet e Corona teneibung' ntokitin naaibung'a ltung'ani loata inia sayiet. Atuwana tenesing' ltung'ani loata inia sayiet eisiapita nkutuk te ndap neitoki alo



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<p>then touches a doorknob, the virus could be on the doorknob.</p>	<p>aibung' mboloto e mulanko, neinguaa inia sayiet te inia boloto e mulanko.</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>Kindim nikiimbooyo lototo e ana sayiet e corona tinikintuk nkaik ang' te saiboni o nkare supat, nikin chop nanka naji mask tanaa ketumoi.</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>Kore abaki tinikintuk mulankoni naaibung' ltung'ana kumo nikisiap nkutukie aang' te nkutoto ee loidelok lang' tinikilua, kake mara tee ndapi ee nkaik, nikiimbooyo ana sayiet pee meloolo.</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>Matomok sii aitiring'a tee nkang'ite aan'g piikimbooyo lototo e ana sayiet e corona.</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>Meishaakino piikigus nkera ee nkeraang' nemeyiere piikirorokino tee nkaik te nkaraki keret yoo piimikutum ana sayiet. Keitodolu ajo, keishaakino payie king'idakino lkeretin lang' tee nkoito nemenyinyukore neapa, amuu, meishaakino payie ejing' ltung'ana ltururi sapuki.</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>Tiniyou nirorie ltung'ani lamara le nkang' ino, matomok aaitashoo kilakwanikino tee nkikenat ee nkejek ile.</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>Mataparu lkeek lang' likitomoo apa aamat nikinining' sii nejoki yuoo lkutwaa lang'.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Maitaparu lararin lang' metomoo aalama teneboita kake meishaakino peeweni aapeny.</p>