



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Samia Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Khuno nikwomulimu kwobolela abandu khu khalwaye kha covid19
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Akhaukha kha Corona oba covid19 nikho akhaukha khanja okhusasanah okhutula mumwaka kwelifu chibiri nikhuwaho nende mu huchaka too mwakha kwelifu chibiri namahumi khabiri.
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Bino nibyo ebiha abandhu babuliludhalho okhwetolola enshalo shiosi lubali nohuba abawombefu nende ohuba abagumu mubiha bino ebyokhusasana khungi
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.	Busasanah mangu otula khumundhu ocha khuwundhi mubutondhe budidi obwamachi noyera, nochekha, niwembha, noholola, nomisa nende nolomaloma.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Nofuna akhaukha kha covid19 onyala wafuna akhasujja oba akhahololo wadhe nga obubonero bundi bwosi bunyala bwecha
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Abandhu besihulundu bali khubudinyu bwoba abalwayhe munno ohirakho hubandu bandi
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.	Ebyalo byomu Afrika bili okhukhosebwa nahalwaye kha covid19. Syomugaso okhendesa esasanya yakho okhulinda ebyabita, ebyobuwangwa, abami nende yihumenya
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.	Corona virus khasasana otula mubutonde obubita mumbewo. Buno butonde bunyala bwamasana otula khumundu mulala ocha khusindu oba otula khusindu shosi ocha khumundu.
Coronavirus can be spread by touching objects that have been exposed to respiratory droplets from other people.	Corona virus bunyala bwamasana otula khukhudira khubindu biba nibwirekho obutonde otula mumundu mulwaye esyo



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<p>For example, if someone sneezes and covers their mouth with their hands and then touches a doorknob, the virus could be on the doorknob.</p>	<p>hubuneraho omundu namisa nende nabwikhawo omunwa nende emikhono yamala yadira khusidiri shiolwiki, akhaukha khanyala khaba husidiri.</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>Obwangu bwokhususana bwa khaukha onyala wabwewala niwesaba amahono nende sabuni nende amachi mayonjo okhumala obutikitiki amhumi khabili nende okhwefala akhalimbuli nikalimbwe biliwo</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>Okhuyonja ebindu nga khubidiri byenjiki abandu bangi khubadira nende bibakhosesah nende obwikha omunwa nengokhola noholola oba ohwemisa musifo shie mikhono</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>Okhuhendesa osekah ambi nende bandu abatamenya munyumba yawo.</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>Sino sinyala shiategesa obutakwa musirifu nabechukhulu oba okhesa bajirani mu makhono. Sino shiosi sinyala shaletera emikholo kindi ohutekehebwa mungeri yikabuhana mubiha bino. Esibungi shiabandu sisifukirisibwa.</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>Nikalimbwe odakha okhulomaloma nende omundu yotamenya naye munyumba olinohwema efuti 6 (emita 2) akatikati wemwe mwembi</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>Hahwichirusibwekho nende amaressi keffe akesimari nende ebiha byene ohulilisa ebyo ebiba nibitubolelwa nende abahulundu beffe</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Hahwichurise abahulundu beffe ota mukhola ohweba ebanga</p>