



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

| English   | Shona Translation  |
|---|--|
| This is a public service announcement about the coronavirus or Covid-19 disease outbreak.   | Chiziviso maererano nechirwere cheCoronavirus uye chinozivikamwa zvakare sekuti Covid-19   |
| Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.  | Coronavirus (COVID-19) hutachiwana hwakatanga kupararira kupera kwegore ra2019 uye mukutanga kwegore ra2020.   |
| This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.  | Ino ndiyo nguva apo vagari vemunharaunda dzakasiyana-siyana pasi rose vari kukurudzirwa kuti vasimbe munguva yakawoma kudai.   |
| 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.      | Hutachowana uhwu hunotapuriranwa pakati pevanhu kuburukidza nemadonhwe emvura kana mate apo vanhu vanenge vachiseka, kukosora, kuhotsira, kuimba uye nyangwe nekutaura chaiko.   |
| When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.   | Kana munhu abatwa nechirwere cheCOVID-19 anonzwa muviri uchipisa kana kukosora uye nezvimwe zviratidzo.  |
| Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.  | Zvakanyanya kureruka kuti vakweguru vabate chirwere ichi kana zvichienzaniswa nemamwe mazera.  |
| 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.  | Nharaunda nemarudzi akasiyana-siyana arikukanganiswawo nechirwere ichi, naizvozvo zvakakosha kudzikisa kupararisa kwechirwere ichi kuitira kuti nhoroondo, tsika, magariro, vatungamiriri uye nenharaunda zvichengetedzeke.                    |
| 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. | Coronavirus inopararira kuburikidza nemadonhwe emate anofamba nemumhepo. Madonhwe awa anotapuriranwa kubva kune umwe munhu kuenda kune umwe. Zvinogona zvakare kuti madonhwe awa abve pazvinhu zvinoshandiswa mazuva ose kuenda pamunhu.       |
| 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        | Coronavirus inogona kupararira kuburikidza nekubata zvinhu zvinenge zvainda madonhwe anenge abva pamunhu ane hutachiwana. Semuenzaniso, kana munhu akahotsira akavhara murono neruwoko rwake, mushure mezvo obata mubato wemukova, hutachiwana |



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

|   |   |
|---|---|
| <p>touches a doorknob, the virus could be on the doorknob.</p>  | <p>hunotapurirwa kuburikidza nekubata chisvombonoro ichi.</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>Kupararira kweCoronavirus kunodzivirirwa nekugeza mawoko nemvura yakachena nesipo kwenguva inosvika chidimbu chemineti imwe. Kupfeka masiki inovhara muromo nemhino kunodzivirira zvakare.</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>Kupukuta zvinhu zvakaita semubato wemukova kwakakosha. Izvi zvinhu zvinoshandiswa nevanhu zvakanyanya. Kuvhara muromo negokora kana uchikosora uye kuhotsira kunobatsira kudzivirira kupararira kwehutachiwana.</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>Zvakakosha kudzivirira kusangana uye kugunzvana nevanhu vausingagari navo. Izvi zvinobatsira kudzivirira kupararira kweCOVID-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>Izvi zvinoreva kuti kumbundikira muzukuru wako kana kumhorosa muvakidzani wako nemawoko komboregwa. Izvi zvakakoshera kuchengetedza utano hwako. Dzimwe mhemberero dzepasichigare dzinofanira kushandurwa maitirwo adzo kubva pane zvakajairikana. Kuungana kweveruzhinji panzvimbo imwe hakukurudzirwi.</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>Kana uchida kusongana nemunhu zvakakosha kuti pave nemukaha unosvika mamita maviri pakati penyu. Izvi zvinobetsera kudzivirira kupararira kwehutachiwana hweCoronavirus.</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>Ngatiyeuke kushandisa mishonga yedu yepasichigare pamwe chete nekuterera kuti vatungamiriri vanenge vachikurudzira kuti kushandiswe mishonga ipi.</p>  |
| <p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>  | <p>Ngatiyeuchidze vakweguru kuti vajairire kusasongana nevanhu vakawanda, asi zvisingarevi kuti vange vachigara voga pasina kuratidzwa rudo.</p>  |