



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Kokborok (Tripura) Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Imo kaisa koronabairas eba COVID-19 hamyano lagoi sorkar seba ronai kok sakhlama.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Koronabairas (eba COVID-19) ongkha kaisa bairas obo 2019 ni paithak akhai 2020 ni yaphang aita chengjakkha.
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	In hamya jorao hayungni jotto Adibasi borok dophano tong kachang khaioi, akhai kha karak khaioi, in hamya daini gam tongnani bagoi hayokjakkha.
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.	In koronabairas borok hangla lanai-holnai, mininai, rwchapnai, kusunai, haichuknai eba kok sanai jorao khuktwi dusri akholoi kaisa daini arw kaisani oro kalaisa khaioi solololaio.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Koronabairas solojakkhai kaisani kulum eba kusu ongmano, arwphung jatejar nungmari nungjakmano.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Koronabairas solojaknai ulo jottoni naioi okrarok kabang hamya kalaini kirimao tongo.
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.	Adibasi borok dopharok koronabairas solojaklaidok. Chini Adibasi borok dophani laibuma, tongoi chagoi phainai raida, dophani bokhorok gorja akhai dophano gamkwrwng larwkni bagoi koronabairas ernai theni nango.
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.	Koronabairas borokni hangla bai khuktwi dusri bisingtwi nobaro saljagoi thango. In hangla bai khutwi dusrirok uju kaisa bai kaisani daio saljagoi thangmano, eba mungsa mandwi daini kaisa borokni daio nangoi solo mano.
Coronavirus can be spread by touching objects that have been exposed to	Borokrokni hangla bai khuktwi dusri nangjak romnai mandwi daio koronabairas-rok eroi



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

<p>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.</p>	<p>thangmano . Phunukmari ongkha, jotni kaisa haichukkha akhai bini yakbai bukhuk phungkha akhai ulo kaisa duaphangni romjaknai mandwi romkha iswkkhai bairas duaphangni romjaknai mandwi daio tongmano.</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>20 sekendni bagoi saban chakhwi bai twi gam lagoi yak suoi akhai mask khapangoi koronabairas ernai theoi larwkmanno.</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>Borokrok duaphang romnai mandwini saka aita hugoi hojaknai, kusu akhai haichuknai yaphani bodole nini yaksku rokhai in bairas ernai theoi larwkni chubano.</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>Koronabairas ernai theni bagoi nini nok phatarni borokbai yak-basak khudalaiya tongjaknai.</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>In kokmang ongkha achu-achwi bai suk-thairok kabaklaiya eba kaisa nok arini borokrokbai yak romlaiya tongjaknai, mator imo nini sakmangno gam tonani nango. Sak kachal larwgoibo raida-sudam palai mannai.</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>Koronabairas solonai theni bagoi nini jotni nok phataro kaisaswkbai malainai nangkhai, 6 phit kachal tongoi bachagoi kok sajabadi.</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>Phaidi chwng chini jabini chagoi phainai bithi wathini kokno bakha kalaino, imobai baksa in hamyano lagoi hamnok daini sagoi ronai bithini koknobo khanano.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Phaijadi chini okrarokno kaisabai kaisa sak kachalo tongni aikang khaini kok bakha karonno, mator hodani khakjagoi saichung tongnai daini yakardi hinoi hayokno.</p>