



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Wayana
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Helë panatatop Corona wamela eitop pëk malalë COVID-19 ehë mënke tot
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Corona wamela eitop (akon ehë COVID-19) mëlë wamela eitop 2019 enatuluhtau malalë ihjan wie 2020 akimali taw iwëtakimatpi
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Masike helë umpoi Wayana tom ituwalonumahe man tot ëwutë kuptë, ëhelekaptëla hapon eitop me, anumhak kuweitop kome, helë ëtawohanëma top tumikhe aptau
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.	Asimhak mënëhtakpapja kaliponoh taw ëtaku tom ailë woi kalih taw, tawake aptau, elemili taw, tohtoto kalih taw, atsew tikai aptau malalë mëlë mëlë tikai aptau
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	COVID-19 ihpe aptau tïjephe mëtïjai tohtoto malë, talan mehaw akon ëti palë tilëkchim mïhpe mëtïjai
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Uhpolo wamela mënëtïja kunumusi man tom tamusiman tom malë corona wamela eitop ke tïwëlën kom uhpolo
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.	Wayana tom ponahnë COVID-19 mënepolepke. Masike COVID-19 akpa potop hekuptëtei hapon uphpak eitoponpi ulë kuweitop kom ikulunmatohme, kumitïn kom, kupata kop kuwekikom malë
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.	Mënëhtakpapja ëtaku tom ailë tawun mënälëja. Kaliponoh taw mënëhtakpapja ëtaku tom ailë malalë kalipono nimelekatpi ailë mënëhtakpapja kalipono pëkëna
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 touches a doorknob, the virus could be on the doorknob.	Corona wamela eitop mënëhtakpapja kalipono nimelekatpi ailë kalipono pëkëna. Tanme atsew tikai aptau malonme ewame ke emta tapuhe aptau moloinë pakolo apulu timelekaimeï aptau mëlë pëkëna wamela eitop mënëtïja.
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.	Corono wamela eitop akpahpo hela aptau ëhematkë hop uke 20 seconde malalë ëmta aputop tïkë, helë komohpe aptau



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<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>Kohle kalipono nimeleka akuwak pakolo apulu tom malalë tohtoto tikai atsew tikai aptau ëpëlesi jak kaitëk Corona ënakpapola eitop me</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>Kaliponoh tak eikë itëla pitë pakolo taw lëkën ëwakëlën tom male COVID-19 ënapësila eitop me</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>Ëpajam ënewanmala eitop pitë helë malalë kalipono omo ënitun mala, helë wame ëweitopme.</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>Kalipono malë mëlë mëlë kahe aptau upaphakëpsik eikë mëkja pëk 2 meter katip Corona ënapësila eitopme</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>Ituhtalë këpitkom helitei, malalë ëpi pëkën nekalë tom malë</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Kunotkom kutamukom malë ituwalonuma kepïla heitei upaphak eitop pëk kaliponohtaw aptau, inëlëhkin eitop kom hela kuwesikom ke</p>