



COVID-19 info for Indigenous Children & Youth

English	IsiXhosa
What does COVID-19 mean for our community?	Ichaza ukuthini iCOVID-19 ekuhlaleni?
Coronavirus (or COVID-19) is a new, tiny virus	ICoronavirus okanye (COVID-19) yintsholongwane entsha kwaye encinci.
It travels on small drops of water	Ihamba ngamachaphaza amancinci amanzi.
COVID-19 can make people very sick, usually with a cough and fever	ICovid-19 ingenza abantu bazive begula ngumkhuhlane kwaye bekhohlela.
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Amajoni omzimba ayasilwa esi sifo kodwa ngamanye amaxesha ayaludinga uncedo wo Gqirha kunye namayeza.
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	ICoronavirus isasazeka ngokukhohlela kanye nokuthimla. Iyazifihla nakwi zinto esizibambayo.
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Eyona ndlela ilungileyo yokuthintela ukwanda kwesi sifo kukuba abantu bangayi kwindawo zendibano .
What does COVID-19 mean for Indigenous Nations?	Ithetha ukuthini ICovid-19 kwi lali zethu?
Many Indigenous nations are very worried about coronavirus.	Luninzi uluntu oluxhalabileyo sesi sifo se Corona Virus
Because older people are more likely to get the virus, elders are especially at risk. It is important to stop coronavirus in order to protect our traditions and our leaders.	Abantu abadala ngabona bachaphazeleka lula sesi sifo. Ngoko ke, kubalulekile ukusithintela esi sifo ukuze sikwazi ukuba khusele kunye namasiko ethu.
What can we do to help?	Singenza ntoni ukunceda?
Keep your hands clean. Use soap and clean water if they are available.	Hlamba izandla zakho ngamanzi kunye ne sepha.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Gquma nge ngqiniba okanye nge laphu xa ukhohlela okanye uthimla.
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Yitya izakha mzimba, sela amanzi kwaye ulale ngokwaneleyo ukwenzela ubesegazini.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Ziphephe indibano zabantu ngoku bhiyozela amasiko nezithethe ne zalamane ngomnxeba okanye ucingo. Mamela abantu abadala xa beyalela.
Our community has lived for over 1000 years! We are going to be okay.	Uluntu lwethu seluphile iminyaka engapha kwama waka! Kuzawulunga.