



COVID-19 info for Indigenous Children & Youth

English	Kaonde
What does COVID-19 mean for our community?	Finshi COVID-19 ipilibula kuntu twaikala?
Coronavirus (or COVID-19) is a new, tiny virus	Coronavirus nangula COVID-19 kashishi akapya akanono
It travels on small drops of water	Kalambukila ukupitila mutu menshi
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 ilalenga abantu ukwalala ilingi line ukukola no kukaba umubili
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Umubili wesu ulalwishanya nakashishi lelo ilingi line abantu balafwaika ubwafwilisho ku chipatala naba dokota no muti wakundapa
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Akashi kambukila lintu umo akola no kutemuna. Kabili no kufisama mufintu twikata
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Inshila imo twinga leka ukusabankaya akashishi ni lintu tuleimina apatali nantu pa ntampulo 6
What does COVID-19 mean for Indigenous Nations?	Finshi COVID-19 ipilibula ku fyalo filelunduluka?
Many Indigenous nations are very worried about coronavirus.	Ifingi ifyalo filetunguluka fili ifyasakamana pa bulwele bwa coronavirus.
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.	Pamulandu wakuti abakolochi kuti bakwata bwangu aka kashishi, cili icacindama ukukana sabankanya aka kashishi pakuti tuchingilile intungulushi shesu ne ntambi.
What can we do to help?	Finshi twingachita pa kumwafwilisha?
Keep your hands clean. Use soap and clean water if they are available.	Sungeni iminwe yenu iyabusaka. Bomfyeni sopo namenshi yabusaka.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Cingilileni ilyo mwakola noku tesemuna. Bonfyeni ukoboko nangula aka pepala lyonse.
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Ukulya bwino, ukunya amenshi, nokutusha sana elyo nokuisunga ubusaka.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Talukeni ukusangwa mu mabumba elyo nokulanshanya nabalupwa ne fibusa abali ukutali ukubomfya internet. Umfwileni ku bakalamba lintu balemikoselesha.
Our community has lived for over 1000 years! We are going to be okay.	Icalo twaikala calikala pa myaka ukuchila 1000! Nombaline tuli nokuba mumutende.