



Travel to Cities and Populated Areas During COVID-19

English	Kaonde Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Kuno ke kubijika ku kintubwingi pa kuvukuka kwa twishi ne kikola kya corona.
What are the risks of traveling?	Bulemo ka buji mu kwendauka?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Inge mwaenda kuya mu kijiji kipya mubena kusambukila twishi twa corona, mwakonsha kusambulako kimye kyo mubena kwenda.
Traveling is even riskier if you or someone you live with is an Elder, because Elders are at increased risk of getting very sick from COVID-19.	Kwenda ke bulemo bukatampe inge anweba nangwa muntu ye mwikala nanji mukulumpe, mambo bakulumpe baji pa bulemo bwabaya mu kukolwa ku covid 19.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Kabiji, inge mwikala mu kijiji mubena kusambukilang'ana twishi twa corona, mwakonsha kusambwila bakwenu kimye kyo mubena kwenda.
Because of this, it is important not to travel if you are sick, or if you have been around someone with COVID-19 in the last two weeks.	Na mambo a kino, kyanema kubula kwenda inge mwakolwa nangwa inge mwajinga na muntu wakolwa na covid 19 mu milungu ibiji yapitapo.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Mambo lweendo lonse luji na bulemo bwabo, kyanema kwikala monka mu kijiji kyenu.
If I am traveling, how can I stay safe?	Inge mbena kwenda, nakonsha kwikikizha byepi?
If you must travel, there are several things you can do to stay safe. Most importantly, wash your hands as often as possible using hand sanitizer or soap and water for 20 seconds, if these are available.	Inge mwasaka kwenda, kuji bintu byavula byomwafwainwa kuba pakuba amba mwikale na bumi. Kimo kyanemesha, owai kumaboko pa kimye-pakimye nangwa kushinga muchi wa hand sanitizer nangwa kowa kumaboko na mulola ne meema na kimye kya 20 sedonds inge poaji.
If available, pack enough hand sanitizer to last for the entire trip.	Inge kyapela, longai muchi wa hand sanitizer wavula wa kwingijisha kimye kyonseky lweendo lwenu
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Lekai kukwataula ku myoona, ku kanwa nangwa kumeeso. Kepeshaiko kusambakana na bantu ne kutalumuka kwesakana na 2 meters inge kimupelela.
Wear a mask or cloth face covering when in public.	Vwalai kisapi nangwa face mask kuvweta ku myoona ne kukanwa mu kintubwingi.
Cover coughs and sneezes with you elbow, not your hands.	Vwetai mafine ne bikopolo na nkokola kechi na maboko ne.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Kechi mujilenga kajo ku mapunzha amajila ne. Pano bino longaitu ne kusenda nangwa itekelai kajo kenu anweba beene.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Kabiji mu kupezhako, vulukai kwendatu inge kyakijishatu mu kunema. Kukepeshako kwenda kisa kwimukwasha anweba, kisemi kyenu, kijiji kyenu ne bantu bemuzhokoloka kwkala na butuntulu bwa mubiji.