



Travel to Cities and Populated Areas During COVID-19

English	Nyanja
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ichi ndi chidziwitso Cha dziklo lonse chokhudza mlili wa corona virus kapena Covid 19
What are the risks of traveling?	Kodi kuipa koyenda maulendo nkotani?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Ngati mwapita ku dear kwachilendo kumene mlili wa corona virus ukufala,mukhoza kutenga matendawa pamene mukuyenda.
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.	Kuyenda mkoopsetsetsa ngati oyendawe uli okalamba or munthu yemwe mmakhaka naye Ali okalamba,chifuntha anthu okalamba ndiomwe Ali pachipsezo chachikulu chodwalika ndi matenda a COVID19.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Komanso, ngati munthu ukakhala mu dera lomwe corona virus ukufala, ukhozaso kupasira ena poyendayenda.
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.	Pachifukwa ichi, mkofunikira kwambiri kuti munthu usayendeyende ngati ukudwala,kapena ngati kumakhala limodzi ndi munthu amene Ali COVID19 m'masabata awiri apitawo.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Chifukwa maulendo onse Ali nchiopsezo chachikulu,mkwabwino kwambiri kukhala muderana lanu mmene mungathere.
If I am traveling, how can I stay safe?	Ngati ndiri paulendo, ndingakhale bwaji otetezeka?
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.	Ngati muli paulendo,Pali zinthu zingapo zomwe mungachite kuti mukhale otetezeka. Chofunika kwambiri,sambani mmanja nthawi pafupipafupi,pogwiritsa ntchito hand sanitiser kapena sopo ndi madzi kwa phindi zikwana 20, ngati zimenezi ziripo.
If available, pack enough hand sanitizer to last for the entire trip.	Ngati ziripo,longedzani hand sanitizer okwanila paulendo onse.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Pewani kugwira mphuno yanu,kamwa,kapena nkhope. Pewani kukhala mothithikana ndj anzanu,khalani ma feet asanu ndi imodzi kutalikana ndi anzanu ngati nzotheka.
Wear a mask or cloth face covering when in public.	Valani masiki kapena ka nsalu kochinga pakwamwa ndi mpuno nthawi zonse mukatuluka panyumba
Cover coughs and sneezes with you elbow, not your hands.	Khosomolelani mkati mwa dzanja lopeteka, osati kumanja
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Osadyela kumalo ogulisa zakudya. Mmalo mwake, nyamulani zakudya zogulidwazo kapena zipikileni noka ku nyumba ngati nkotheka.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Chomalizila, Kumbukilani kusayenda maulendo poka-poka ngait mpofunikila. Kucepesa kuyenda-yenda kuzathandiza inu, a m'banja lanu, oyandikana nawo, komanso anthu amumizinda ina kuti akhale otetezeka ku matenda.