



## Travel to Cities and Populated Areas During COVID-19

English	Samburu
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Iyolo ana ardasi naa lomom loo dede le mpukunoto le sayet e corona tanaa Covid-19.
What are the risks of traveling?	Aanyo peemeishaakino payie kipuopuo?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Iyolo payie ilo aisabaki nkae ng'oji naa imaniki etii ana sayet e corona, naa indim nitum ana sayiet iloito tanaa teinia kop nishomo.
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.	Keitorno lototo tee ltung'ana ararin saidi oleng' te nkaraki keidim ana moyian nerek ninche alang' ltung'ana leleru.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Kore abaki tanaa imanya nkop tanaa ng'oji neti ana sayiet, naa indim nintarasu lkulie tung'ana tinilo nkopi enche
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.	Kore tenkaraki inia, naa meishaakino payie ilo nkai kop imbisiong' tanaa sii ira ltung'ani oshomo nkai kop mperot naa teena
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Kore te nkarake keidim lototo nikintarasu ana sayiet, keishaakino payie iwon tenkop inchi
If I am traveling, how can I stay safe?	Amaa tanaa kaloito, kaji aiko paamaitarasuni ana sayiet?
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.	Kore tanaa lasma payie ilo nkai kop, naa keikumo nindim nias payie mikintarasuni ana sayiet. Kore nekwe, naa ntuko nkaik inono nkatai pookin te nkare o saiboni tanaa ketumoi.
If available, pack enough hand sanitizer to last for the entire trip.	Tanaa ketumoi loshi saiboni loelieki nkaik loji sanitizer, tanapa nielie nkaik inono nkatai pookin.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Matomok aaku mikimbung' nkumeshin, nkutukie tanaa nkomomi aang'. Minyikaki ltung'ana, ntasho nkikenat ee nkejek ile ilakwaniki ltung'ani
Wear a mask or cloth face covering when in public.	Maishopo nanka naji mask tanaa abaki iisiap nkutuk ino te nanka ino nkatai pookin tinijing atua ltung'ana kumo.
Cover coughs and sneezes with your elbow, not your hands.	Kore tinilua tanaa tinising', siapa nkutuk ino te nkutoto e loideloki lino nimimbung' te ndap e nkaina
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Minya ndaa te ote, nyang'u ninap ooishu iyiaraki koon te nkang' ino
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Iyolo nemusho, matomok aapal lototo amu keitopok yuoo o latia lang, o losho lang' pookin piimikitum ana sayiet.