



Travel to Cities and Populated Areas During COVID-19

English	Samia
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Kuno nikwo omulimu kwobolela abandu khubulwaye bwa Corona
What are the risks of traveling?	Bufofwa Sina obuli muhumula.
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Nosamula musifo obulwaye bwa corona yibuli onyala wabufunah
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.	Okhusamula hwobufofwa muno nikalimbwe ewe oba omundhu wundi yomenya naye wesihulundu, hulwokhuba abandu besihulundu siangu siofuna obulwaye bwa covid19
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Handi, nomenya musifo esirimu akhaukha kha covid19, wesi onyala wadishia abandu bandi.
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.	Hulwesonga yino, shiomugaso muno obutasamulah noli mulwaye, oba nikalimbwe obero kho ambi nomundu ali nende covid19
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Hulwokhuba okhusamulah khwosi huri nende ebidinyu biohuyera. Esihirakho niyo ohudonja yiwa mental.
If I am traveling, how can I stay safe?	Nikalimbwe samula, nderinda endye.
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.	Nikalimbwe oli owhusamula, waliwo ebindu bwoli nokhola okhutangira obudinyu. Esihira obuhulundu nihwo ohwesaba amahono nohosesa sanitizer
If available, pack enough hand sanitizer to last for the entire trip.	Nikalimbwe chiriwo kinga sanitizer Chimala ohumasakho olukendo lwawo.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Tangira ehwedira hulioli, omunua, oba esura. Tangira oseka ambi nende owasio, yema efuti 6 otula huwasio nisinyalihana.
Wear a mask or cloth face covering when in public.	Yambala ahalimbuli oba ahengubwo noli mulwichule lwabandu
Cover coughs and sneezes with your elbow, not your hands.	Bwikhawo ehololo yawo nende esikhola sii mahono
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Otalya muhoteli naye kinga emere yawo oba dekha emere yawo nikalimbwe sinyalikhana
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Handi esisemba yo yichurisa okhusamula nikali mbwe syetegasi. Sino Donahue yambakho koti ewe, Abe famile yawo, abesitundu shiawo nende bajirani bawo.