



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

English	Bemba
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ici cishibisho pakutumbuka kwa bulwele bwa corona virus nangu covid 19
What are the risks of traveling?	Bushe bwafyanshi ubwakuya kuncende shimbi?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Ngacakutula mwaya muncende shimbi umo ubulwele bwa corona bulesalanga, kuti mwayambula ngacakutula mwaenda.
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.	Ukuya kumbi bwafya ubukalamba ngacakutula imwe atemwa umbi mwikala nankwe mukalamba, pamulandu wakutula abakalamba baba mubwafya bwakulwalisha kubulwele bwa covid 19.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Elyo ngacakutula mwikala muncende ishatebelelwa nakashishi ka corona kuti mwayambukisha bambi ngacakutula mwaenda.
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.	Pamulandu wa ici, cikankala ukukanaya kuncende imbi ngacakutula namulwala, nangu ngamwalipalamene nomuntu wakwata covid 19 mu milungu ibili iyapita.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Apo ukwenda nombwa bwafya kanshi cikankala ukwikala uko muli.
If I am traveling, how can I stay safe?	<i>Ngacakuti nde endauka kuti naisunga shani?</i>
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.	Ngacakutula mwaenda kuli inshila ishingi isho mwingakonka pakuisunga bwino. Icikankala, sambeni ku minwe inshita yonse elyo nokusuba umuti wakwipayaya utushishi atemwa isopo namenshi pali 20 seconds ngacakutula ifi filesangwa.
If available, pack enough hand sanitizer to last for the entire trip.	Ngacakutula filesangwa, longeni umuti wakwipayaya utushishi uwingi uwakukumana panshita ya bulendo bwenu
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Mwilaesha ukwikata pa myona, pa kanwa, pa menso. Mwilaesha ukupalamana nabantu bambi ukufika kuli 6 feet ngacingacitwa.
Wear a mask or cloth face covering when in public.	Fwaleni mask atemwa akasalu ilyo muli mucintubwingi
Cover coughs and sneezes with you elbow, not your hands.	Koleleni atemwa ukutesemwina mukaboyo mwilabomfya amaboko.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Mwilalila kufikulwa bashitisha ifyakulya. Lelo sendenifye ifyakulya nokulila kumbi nokuipikila ifyakulya ngacingacitwa.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Necakulekelesha, ibukisheni ukuya kuncende imbi ilyo nacipamfya. ukucefyanya ukwendauka ku kamyafwilisha, ulupwa lwenu, incende yenu elyo nobumi bwabena mupalamano benu