



COVID-19 info for Indigenous Children & Youth

English	Chichewa
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Uwuniuthenga pachalo chonse chapansi pa nkhaniza Corona virus
What does COVID-19 mean for our community?	Ka matenda ya Corona yakung'anamula vichi?
Coronavirus (or COVID-19) is a new, tiny virus	Corona virus nimatenda yasono ayo wakwiza natuvilombo
It travels on small drops of water	Yikufalanga chomene kwizilanga mutumadontho twamaji pala munthu wayethyemula
COVID-19 can make people very sick, usually with a cough and fever	Nthenda ya Corona virus yikuchitiska kuti munthu waluwalenge chomene kweniso munthu wakuyethyemulanga ivovikuchitiska nthupi kuontcha
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Nangauli tikuwa nawachitetezo munthupimwinthu, kweni pakunkhumbika kukabekana na adokotala
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Corona virus yikufalanga pakuyethyemula kweniso ingafalaso pakukwizilaso mumisuko ivo tikugwiliska ntchito
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Nthowa iyo tingatolelayayi kachilombo ka Corona Virus tiyime mwakutalikilana chomene
What does COVID-19 mean for Indigenous Nations?	Ka kufala uku kwa covid-19kukung'anamulavichi kuvyalo vapansi?
Many Indigenous nations are very worried about coronavirus.	Vyalovinandi wanthu wakudandaula nanthenda iyi ya Corona Virus
Because older people are more likely to get the virus, elders are especially at risk. It is important to stop coronavirus in order to protect our traditions and our leaders.	Wanthu awo mbakulu wakhala wakudinginyika chomene chifukwa chakuti ndiwo walipachiwopsyezo ,khwakukumbikila chomene nthendaiyi kuti tiyigonjiske kuti tipulumuske chikhalidwe chinthu nawulongozgi.
What can we do to help?	Tingakuvwireni uli?
Keep your hands clean. Use soap and clean water if they are available.	Tigezemumawoko nasoap kweniso maji yawe yaukhondo
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Tijale kumulomo pala tikukhesemula, panye kasukusuku or later
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Tilyevakulya vakupeleka nthazi timweso maji yawemi kweniso tigone mwakukwanilaso kuti muwenanthupi liwemi
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Tiyenitikhala patalipatali nyengo yiliyonse kwalimpha musokhano kwali chikondwelelo, or vikhalidwe vamutundumutundu, kweniso tipulike ivo walongozgiwakutimphalila, kuti tileke kutolanthenda iyi
Our community has lived for over 1000 years! We are going to be okay.	Chalu chinthu chakhla vyaka vakujumpha 1000 kweniso vose vikhalenge makola