



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Bemba Translation
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
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Corona virus (covid 19) kashishi akatendeke ukusalangana pampela yam waka wa 2019 elyo namukutendeka kwa mwaka wa 2020
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Ii enshita iyo abekala calo ukushinguluke sonde nabakoseleshiwa ukuteka imitima, nokukosa, mubwafya ubukalamba.
It is easily transmissible from person to person through respiratory droplets, or small drops of water that are produced during breathing, laughing, singing, coughing, sneezing, or even talking.	Bwalyanguka ukusalangana kumuntu nomuntu ukupitila mu mate atemwa mutumenshi utufuma pakupema, pakuseka, pakwimba, pakukola, pakutesemuna atemwa pakulanda.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Ngacakutila mwayambula covid 19 umuntu kuti akwata impepo nangu icifuba, nangula cakutila ifishibilo fimbi kuti fyatumbuka.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Abakalamba bali mubwafya ubukalamba ubwakulwalisha ukupalanya kubantu ilyo bayambula akashishi ka Coronavirus.
Indigenous Nations are being affected by COVID-19. It is important to limit the spread of COVID-19 to protect history, traditions, leaders, and communities.	Ifyalo fyamuno cishi filekonswa na Covid 19. Cikankala ukucefya ukusalanganya kwa Covid 19 pakucingilila ifyakunuma, intambi, intungulushi, elyo necipanda.
Coronavirus spreads through respiratory droplets that spread through the air. These respiratory droplets can directly spread from one person to another, or they can spread from an object to a person.	Akashishi ka corona kasalangana ukupitila mu menshi ayapita mu mwela. Aya menshi kuti yafuma kumuntu umo ukuya kumuntu munankwe, atemwa ukufuma ku cintu ukuya ku muntu.
Coronavirus can be spread by touching objects that have been exposed to respiratory droplets from other people. For example, if someone sneezes and covers their mouth with their hands and then touches a doorknob, the virus could be on the doorknob.	Akashishi ka corona kuti kasalangana ukupitila mukwikata ifintu ifyaponenako amenshi ukufuma kubantu bambi. Icilangililo, ngacakutila umuntu atesula nokufimba iminwe pakanwa elyo aikata icakwiswilako icibi, akashishi kuti kaikala pacakwiswilapo icibi.



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<p>The spread of coronavirus can be prevented by washing hands with soap and clean water for 20 seconds and by wearing a mask, if these resources are available.</p>	<p>Ukusalangana kwa corona kuti kwacingililwa ukupitila mukusamba ku minwe nesopo elyo namenshi ayabusaka pali 20 second elyo nokufwala akafimbo ngacakutula kuti fyasangwa.</p>
<p>Cleaning surfaces such as door handles that a lot of people use and covering coughs and sneezes with your elbow instead of hands can help limit the spread of the virus.</p>	<p>Ukuwanya ifintu apali ifyakwisalila ifibi ifyo abantu abengi babomfya elyo ukutesemuna nokukolela mukaboyo mucifulo cakubomfya iminwe kuti cayafwilisha ukulesha ukusalangana kwa kashishi.</p>
<p>Limiting physical contact with others outside of those who live in your house is important to prevent the spread of COVID-19.</p>	<p>Ukucefya ukukumyanya nabantu mushikala nabo cikankala pakucingilila ukusalanganya kwa bulwele bwa Covid 19.</p>
<p>This may mean not being able to hug grandchildren or shake a neighbor's hand, but it is important for your health. This may also mean that some traditions may have to be celebrated differently during this time. Large gatherings of people are not advised.</p>	<p>Ici kuti capilibula ukutula tamulingile ukukukutula abeshikulu atemwa ukuposhanya muminwe nabena mupalamano, lelo cikankala kubumi bwenu. Ici cilepilibula ukutula Ukusefya kwa ntambi kulingile kwacitwa panshita ishalekana pali ino nshita.</p>
<p>If you do need to interact with someone outside your home, standing at least 6 feet (2 meters) away can also help coronavirus from spreading.</p>	<p>Ngacakutula mulekabila ukusangwa pamo nomuntu mushikala nankwe, ukwiminina apatali ukufika kuli 2 metres kuti cayafwa akashishi ka corona ukukana salangana.</p>
<p>Let us be reminded of our traditional medicines, while at the same time listening to what is being prescribed by the relevant authorities.</p>	<p>Natwibukishe imiti yesu iya cikaya, panshita imo ine ukumfwila ifilelandwa naba bumi.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Natwibukishe ifikolwe fyesu ukutalukana, lelo ukukana lafisama.</p>