



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Endorois Translation	Swahili Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ni, ko kabarstaetab poror akobo koroito nebo letaetab kuutiab Coronavirus anan ko COVID-19 nekipitu.	Hii ni tangazo la huduma ya umma juu ya ugonjwa wa coronavirus au ugonjwa wa Covid-19.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Coronavirus anan COVID-19 ko kuutik cheung'otin eng' ng'uлек anan ko ting'owek che kitou konamei bik kobekunotei 2019 ak taunetab 2020.	Coronavirus (au COVID-19) ni virusi ambavyo vilianza kuenea kuanzia mwisho wa mwaka wa 2019 na mapema 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.	Ni ko kasarta nebo pororiosiek chebo biik chengeringen eng piteng'wang' koribkei ak konamkei akot ye ki-istoenkei kasarta ne korom.	Huu ni wakati ambapo Watu Asili Duniani kote ulimwenguni wanahimizwa kukaa na utulivu, na kuwa na nguvu, katika ili janga kubwa.
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.	Coronavirus ko letogein asi konam chito ake eng ngulek ak ole tuon che bunu lolion, ng'uлек yo itieni, anta ko ke-rion ako ye ing'alal.	Inapatikana kwa urahisi kutoka kwa mtu hadi mtu kupitia matone ya kupumua, au matone madogo ya maji ambayo hutolewa wakati wa kupumua, kucheka, kuimba, kukohoa, kupiga chafya, au hata kuongea.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Chito ne kanam COVID-19 ko lalen mat, lolei ak kora komuch komong' koaborunoek alake.	Wakati mtu ameambukizwa na COVID-19, anaweza kupata homa au kikohozi, ingawa dalili zingine zinaweza kutokea pia.





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<p>Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.</p>	<p>Boisiek ak chebyosoik che echen ko mi ole ng'oi eng' miondap coronavirus kosir biik togul.</p>	<p>Wazee wako katika hatari kubwa ya kuwa wagonjwa sana ukilinganisha na idadi ya watu wakati wameambukizwa na ugonjwa wa coronavirus.</p>
<p>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.</p>	<p>Pororiosiek chebo biik chengeringen eng piteng'wang' ko borei tukuk che nomegei ak coronavirus. Nyolu kekiring'ta COVID-19 asi kerib pitenyo ak kandoikyo che echen.</p>	<p>Mataifa ya asilia yanaathiriwa na COVID-19. Ni muhimu kupunguza kuenea kwa COVID-19 ili kulinda historia, mila, viongozi, na jamii.</p>
<p>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.</p>	<p>Letogeii Coronavirus kobunu ng'ulek ak ole tuon. Eng' kambuset, kochutei ting'owechu ak konamtagei biik, ana kora eng' tuguk che kinomei.</p>	<p>Coronavirus inaenea kupitia matone ya kupumua ambayo huenea kupitia hewa. Matone haya ya kupumua yanaweza kuenea moja kwa moja kutoka kwa mtu mmoja kwenda kwa mwingine, au yanaweza kuenea kutoka kwa kitu kwenda kwa mtu.</p>
<p>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.</p>	<p>Coronavirus ko letogeii eng' tuguk che kinomei che katebe ng'ulek ak kotuonit. Ko uni: ya irion chi ak kotich eng' eu ak konam kurgat, koteben ting'owechu kurge.</p>	<p>Coronavirus inaweza kuenea kwa kugusa vitu ambavyo vimewekwa wazi kwa matone ya kupumua kutoka kwa watu wengine. Kwa mfano, ikiwa mtu anasinzia na kufunika mdomo wao kwa mikono yao na kisha kugusa mlango, virusi vinaweza kuwa kwenye mlango.</p>
<p>The spread of coronavirus can be prevented by washing hands with soap and clean water for 20</p>	<p>Imuch kekiring'ten letoitab coronavirus ya kimweten eunek sobuni eng' bek che</p>	<p>Kuenea kwa coronavirus inaweza kuzuiwa kwa kuosha mikono na sabuni na maji safi kwa sekunde 20 na kwa kuvaa</p>



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seconds and by wearing a mask, if these resources are available.	tililen. Ilach mask kora ye imuchi.	mask, ikiwa rasilimali hizi zinapatikana.
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.	Kaunetab kurgat amu yotei bik che chang', tich kote ya kailal anan ya ka-irion itich eng' kimaine asi kokiring'ta kanamtaeytabge nebo coronavirus.	Kusafisha nyuso kama vile Hushughulikia milango ambayo watu wengi hutumia na kufunika kikohozi na kupiga chafya na kiwiko/mask chako badala ya mikono inaweza kusaidia kupunguza kuenea kwa virusi.
Limiting physical contact with others outside of those who live in your house is important to prevent the spread of COVID-19.	Amatkotinyekei ak bik che momeng'insoti eng' kot agenge asi kekiring'te letogeitab COVID-19.	Kuzuia kuwasiliana kwa mwili na wengine nje ya wale ambao wanaishi ndani ya nyumba yako ni muhimu kuzuia kuenea kwa COVID-19.
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.	Amat obe ko-ongoi ak mochokoron, anak okatkge ak chitab kokwe eng' eu. Nyolu asi irib borting'ung. Ni ko iboru kole, mkimuchi keyai tumotinwek alak kenyini amu maiyanat koyumgei biik che chang'	Hii inaweza kumaanisha kutoweza kukumbatia wajukuu au kutikisa mikono ya jirani, lakini ni muhimu kwa afya yako. Hii inaweza pia kumaanisha kuwa mila zingine zinaweza kulazimika kusherehekewa tofauti wakati huu. Makusanyiko makubwa ya watu hayashauriwi.
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.	Ya imoche otunye ak chi ne momeng'insoti eng' kot agenge, keigei kotelel bik eng' kakwaet ab keldo eng lo asi kekiring'te letogeitab coronavirus.	Ikiwa unahitaji kuingiliana na mtu nje ya nyumba yako, kusimama umbali wa mita 2 pia kunaweza kusaidia coronavirus kutoka kuenea.
Let us be reminded of our traditional medicines, while at the same time	Ongibwat kerichek ab kipгаа, ak kekas tukug che mwawech sirkali.	Pia tujikumbushe dawa zetu za jadi, wakati huo huo ukisikiliza kile



TRANSLATIONS
4 OUR NATIONS
by and for Indigenous Peoples

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listening to what is being prescribed by the relevant authorities.		kinachoamriwa na mamlaka husika.
Let us remind our elders to practice social distancing, but to refrain from social isolation.	Ongebwatyin boisyek ak chebyosok che echen asi korib agichek komalekityikei ak biik alak. Kaigai ako kotebi eng' gaa.	Wacha tuwakumbushe wazee wetu kufanya mazoezi ya umbali wa kijamii, lakini waachiliane na kutengwa kwa jamii.