



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Hawaiian
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	He ho‘olaha kēia no ka ma‘i ahulau Corona a i ‘ole ‘o COVID-19.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Ua hele kēia ma‘i ā laha loa i ka hopena o ka makahiki 2019 a me ka ho‘omaka o ka makahiki 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.	He wā ‘inea kēia e ho‘oikaika ai a alulike ka po‘e ‘ōiwi i ke ‘alo ‘ana i kēia ma‘i ahulau ‘ena‘ena.
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.	Hikiwawe ka laha ‘ana o ia ma‘i ahulau ma o ka hanu ‘ana, ka ‘aka‘aka ‘ana, ka hīmeni ‘ana, ke kunukunu ‘ana, ke kihe ‘ana, a me ke kama‘ilio ‘ana nō ho‘i.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Inā loa‘a ‘oe i ka ma‘i ‘o COVID-19, ‘o ka piwa, ke kunukunu, a me kekahi mau pilikia ‘ē a‘e ma ke kino nā pilikia e kupu a‘e paha.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	No loko mai o ka lehulehu, ‘o ka po‘e kūpuna ke ma‘i loa i ka ma‘i COVID-19.
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.	Pilikia loa ka po‘e ‘ōiwi i ia ma‘i. He mea ko‘iko‘i ka pale ‘ana a me ka ho‘ēmi ‘ana i ka ho‘olaha ‘ana i ia ma‘i i mea e ho‘omalua ai i nā mo‘olelo, nā loina, a me nā kaiāulu.
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.	Ho‘olaha ‘ia ka ma‘i COVID-19 ma nā hunehune hā‘ae o ka hanu ‘ana, e halihali ana i ua ma‘i nei i kekahi ā i kekahi kanaka ‘ē a‘e a i ‘ole mai kahi mea paha i kekahi kanaka.
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.	Hiki ke laha ka ma‘i COVID-19 mai ka ho‘opā ‘ana i nā mea i kau ai kō ha‘i hunehune hā‘ae o ka hanu ‘ana. ‘O ia ho‘i, i ke kaomi ‘ana i ke kihe ‘ana me ka lima, a ho‘opā ‘ia ka pōheo ‘ipuka paha, ‘o ka loa‘a ihola nō ia o ka ma‘i COVID-19 ma ia pōheo.



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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>I 'ole e laha ka ma'i COVID-19, 'o ka holo'i lima me ke kopa no 20 mau kekona a me ke komo 'ana i kekahi pale waha nā mea e pono ai.</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>'O ka ho'oma'ema'e 'ana i nā mea i ho'opā nui 'ia 'o ia nō ka pōheo, a me ke kaomi 'ana i ke kunukunu a me ke kihe 'ana me nā ku'eku'e lima ma kahi o nā lima nā hana e ho'ōki ai i ka laha 'ana o ka ma'i COVID-19.</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>Mai kipa wale iā ha'i i waho o kou 'ohana e noho pū ana me 'oe i pale ai i ka laha 'ana o ka ma'i 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>E aho ka pāpā 'ia o ka pūliki 'ana i nā mo'opuna a i 'ole ka lūlū lima 'ana me nā hoanoho. He pono ka 'imi 'ana i kekahi ala 'oko'a e ho'omau ai i ka pilina me nā kānaka me ka 'ole o ka ho'opā 'ana a me ka noho 'ana ma kahi kokoke loa i nā kānaka 'ē a'e ma nā pā'ina, nā male 'ana, a me nā ho'olewa.</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>Inā 'a'ole hiki ke 'alo a'e i ka pilina kanaka ma waho o kou mau hoahale, he pono ke kū ka'awale 'ana ma kahi o 6 mau kapua'i i nā manawa e hui pū ai.</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>Mai pōina kākou i nā lā'au a nā kūpuna, 'oia'i kākou e ho'olohe ana i nā 'ōlelo a'o a nā kauka.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>E ho'omaopopo kākou i nā kūpuna i ke ko'iko'i o ke ka'awale o ke kino akā e maka'ala i ka 'eha'eha o ka na'au i ka noho mehameha.</p>