



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Kikuyu Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Giki ni kimenyithia kia muingi kia maumirira ma murimu wa coronavirus kana Covid-19.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	<u>Murimu wa coronavirus</u> (kana Covid-19) ni murimu uria wambiriirie gutherema twerekeire muthia wa mwaka wa 2019 na kiambiriria kia 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.	Riri nirio ihinda riria andu aria marumitie unduire thi yothe moritio guikara mahoreire na mehanda na ucamba riri tugumiirwo ni king'uki.
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.	Murimu uyu ugwatanagio na uhuthu kuuma hari mundu umwe nginya uria ungi kuhitukira tumataata kana ugunyu uria wonekaga riria mundu arahuhia, riria mundu araina, gukorora, gwathimura ona kana kwaria.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Riria wanyitwo ni murimu wa Covid-19 wahota kuigua uri na urugari muingi kana kuhaya, ona gutuika ndariri ingi onacio no ciyumirie.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Andu aria akuru ni makoragwo ugwati-ini munene wa kuhatiririo muno ni murimu gukigerekanio na andu angi aria manyitwo ni murimu wa 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.	Mabururi maria marumitie unduire ni marahinyirirwo ni murimu wa Covid-19. Ni hari bata muno kunyihia gutherema kwa murimu wa Covid-19 niguo tugitire maundu maria mahitukite, unduire witu, atongoria na nduriri.
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.	Murimu wa coronavirus utheremaga kuhitukira tumatata tunini turia tumanaga na mihuhirie ya riera. Tumatata tutu tutheremaga imwe kwa imwe kuuma mundu umwe nginyagia uria ungi ona kana kuhitukira indo.
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.	Murimu wa corona no uthereme riria mundu ahutia indo iria icemanitie kana ikahutania na tumatata turia tumanite na mihumu.kuma kuri andu angi. Kwa muhano, mundu angiathimura na ahumbire kanua gake na moko make, na acoke ahutie nyitiro ya murango, tunyegerera twa murimu ucio no tukorwo nyitiro-ini iyo ya murango.



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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>Gutherema kwa murimu wa corona no kugiririo kuhitukira guithamba moko na thabuni na maai matheru sekondi mirongo iiri na kuihumbira kanua na manuru angikorwo indo ici ciothe no cioneke.</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>Guthambia kundu kuria murimu ungikorwo ta nyitiro cia mirango iria ihuthagirwo muno na kuihumbira ukihaya na guathimura ukihuthira kigokora mwena wa thiini handu ha guoko no guteithiririe kunyihia gutherema kwa murimu.</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>Kunyihia kuonana kana kuhutania na andu aria mutaikaranagia ni kugiragia gutherema kwa murimu wa 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>Ni kuuga ati waaya kwaga mweke wa kuhimbiria tucucu kana tuguuka kana kugeithia na guoko aria muriganie no undu uyu ni wa bata hari ugima mwega wa mwiri. Ningi uu ni kuuga ati maundu mamwe ma unduire matingihota gutabanio ta mutugo. Ciunganio nene cia andu aingi citiitikirio.</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>Akorwo ni urenda kwaraniria na mundu nja ya gwaku, rugama futi ithathatu kana makinya meri kuuma haria ari niguo gutigirira murimu uyu ndunatherema.</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>Reke turirikane dawa cia kinduire, na kahinda o kau tugerie guthikiriria uria turataarwo ni wathani uria waagiririe</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Reke turirikanie akuru aitu guikarania maigite uraihaniriria uria wagiriire, no matigaikare muno mataakuonana na andu aria angi.</p>