



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	<i>Kuman (Chimbu Province)</i>
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ka pond ta etne plau dungua, yomba prapra di wai di pragma ga e yagl mere: Kinde kor ta etne wongua e yomba prapra prekan orguma. Kinde e korona virus mo Covid-19 dingua.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Korona virus mo COVID 19 plau dungo enge e 2019, bugla ingu dudungo enge e ya bugla ingu etne 2020, enge igle kinde kor e uongo
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Ana enge igle yombe prapra makan uglo yomara denemundne yake kran,kiande moramga
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.	Kinde ende yomba mina ongo e mambuno yegl mere, nu sumnara,drane onduglo,mur imuna dumo,gaugl,giglang dumga ya mur suna menda endumga muna e yomba kinde e enamga
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Kinde e ene imin, ene pitne, nue sindre, nangin ninga dinan ana kinde tau ningen mina plau dinambuka
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Yaglambu kindagl kinde ogland kaima inaglkua. Ana yomba gaglmugl ya ga kembra kinde tau ogland ta ekrakua
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.	Makan nemmum kinde e pond ingua e kinde kaima pangua, yegl pre kinde COVID 19 e sragl mere nono wogui kanamga. Nono kide woungo konbo e yonguglmuno, mambuno yegl mina wakai panambuka
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.	Corona virus yomba mina puglo dinambuka, nu sinamera ya, drane onduglo yangnabura e mina yomba inagulka. Gumane ya drane onduglo yangnambra dumo e yomba inagulka
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.	Corona virus kambo e puglo di yomba ta mina enambuke yeglmere: yomba kinde e ta pango sragl ta akungo ta ene akemin, ene kinde e inga.
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.	Kinde e edinaglang di pitne, ongun sop ya nigl kor mina nigl endenamga. Enge kuri ta ongun nige ya sop bugl nige endo



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<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>Nono bogl ya,ingu dua enge enge akumga e nono nigl endenamga, nu si ongune goglko mina endenamga. E kinde wai di krambka e pir.</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>Yomba mere makai sinaglmara mogl kramga</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 mauwagl ta paikurko, ga kungraga mo yomba ongune tenaglga ta mauwagl ta manga, yomba mere makai si meglmara e mogl kramga.</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>Yomba bugl moratga, mogl elke ende moramga, ingugl ya mende pra.</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>Okuna ninger ya sragl tau yongui nono ake e wanamga. Yegl mere kinde ingu ka ta dengue nono presre sika sunamga.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Nono nenma wagl di tomno mogl eglke-elgke ende moraglkua.</p>