



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Lunda Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ayinu himbila kudi aketung'a hadi musongú wa coronavirus hela Covid19 wunatiyakani
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Coronavirus hela (COVID 19)watachikila kutanda kukuminin kwa chaaka cha 2019 nakutachika kwa chaaka cha 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.	Diyi impinji yatachikila antu mukayi kudiwunjika hampinji yakala
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.	Iwu musongú waswayi kusambukila kufuma kudi muntu nakuya kudi muntu mukwawu kuhitila mukona, kuseha, kwimba, kukohola hela kuchihula
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Neyi wunakati musongú wa Covid19, muntu owu wukutachika kutiya mashika-shika, kukohola ilangá yinjikizhilu yikwawu hiyinatela kumwekanaku
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Atushinakazhi diwu anatweshi kwikala mukala nankashi kwesekezha na wantu anakati musongú wa corona virus
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.	Matungá anakwachiki na musongú wa corona virus. Chalema kukehesha kutandisha kwa musongú wa corona virus kulonda kukungá chichadingá, chisemwa, anlomboli na yitungúlu
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.	Musongú wa corona virus watandilangá kuhitila mumpepela. Awa mazengí atela kusamukila kufuma kumuntu wumu nakuya kudi muntu mukwawu hela kuhitila kuchuma chikutwatayi ona wudi na musongú neyi mukwawu akwataku.
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.	Musongú wa corona virus watela kusambukila neyi wukwata hachuma chatawu kudi ona wudidehi na musongú. Neyi muntu wudi na musongú wa corona virus achihula hela kupembela kumakasa dichi akwata kucenzelu, tububu twa corona virus tukushalila kuchenzelu.



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

<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>Kutanda kwa musongú wa corona virus kwatela kukukehesha munzhila ya kuwela kumakasa na meznhi atooka na mulola hadi 20 seconds, kuvwala ihina hakanwa na mazulu heyi mudi na wuswa.</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>Mwatela kuwahisha kuyenzelu chkwezunwisha kunakukwata antu amavulu nakukohwela hela kuchihwila mukachi ka nkokola. Ichi chikukwasha kukehesha kutandisha chamusongú wa corona virus.</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>Keheshenuku kudiwana hakachi kwawantu amavulu imwabulangá kushakama nawu hetala kulonda chikwashuku kukangésa kutandisha musongú wa Covid19.</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>Ichi chikulumbulula, kubula kudipakata nawezhukulu hela kudimusha mumaksa nawantu imwadikuma nawu, ilangá chalema hawumi wenu. Ichi chengí chinalumbululi neyi yidika yachisemwa kosi kuyanakana hamipinji yinu kudi musongú wa covid19 mulongá wakuvula chawantu, hichinetezhewiku.</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>Neyi wunakukenga kudi wana nawantu hanzhi yetela deyi, watela kwimana hahalehi nachintampu 6 feet kufuma hanemeniyi owu mukwenu hela 2 metres kulonda kukangésa kusambula hela kusambwisha musongú wa corona virus.</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>Twatela kudanukisha ha yitumbu yetu yachisemwa, ilangá chayinu mpinji tiyilileningá yuma yinakuyilezhawu kudi akwa mutayi wayipatela.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Twayenu tulezhenu atushinakazhi mwakudishilamu yintampu, ilangá bayi kudambulaku chikupu.</p>