



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Maasai Translation
This is a public service announcement about the corona virus or Covid-19 disease outbreak.	Ore ele naa olkilikuai lolosho oipirra olmeitai le Korona.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Ore ele meitai neiterua apa adaari te nkiting'oto olari loo nkalusuni are o tomon ooudo oe enkiterenuto olari loo nkalusuni are o tikitam.
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Ore enarishata nenanare neitagoli iltung'ana lenaiteru-kop te seuseu nalulug'a pee eborru neitagoluo te nkomom enyamali kitok.
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.	Elelek eitasurr olikae olikae te nkiyang'et, too lkitong'at kutiti lenkare teneyang' , tenekweni, tenerany, teneirrok, tenesing' ashu tenekweni oltung'ani.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Tenikimbung' ele meitai le Korona naa indim anoto ilbulabul anaa enkirowuaj osesen, enkirroket aashu kulikae bulabul ooilepu.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Ketii bata namuoinye oleng iltung'ana kituaak aalang' likae tim pooki teneitasuri e sayiet e Korona.
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.	Ore loshon pooki looltung'ana lenkiteru naa kegira ele meitai aitanyamal. Neeku eituan naaji tenenyok aibooyo Korona pee etumoki aatorrip enkatini, olkuaak, ilarikok o loshon
Corona virus 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.	Ore ena sayiet e Korona naa keitasurr olikae olikae toolkitong'at lenkiyang'et, eimu enkijape. Arashu entoki o ltung'ani.
Corona virus 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	Keitadaari e sayiet e Korona tenimbung' ntokitin natatadoikiotio ilkitong'at le nkiyang'et e kulikae tung'ana. Ore tenkitaanyanyukoto, tenesing' oltung'ani neimulumul enkutuk too nkaik neibung'



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<p>then touches a doorknob, the virus could be on the doorknob.</p>	<p>olkisekei le milanko neing'uaa ina sayiet tolkisekei.</p>
<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>Keidimi neiboori ena sayiet tenintuku nkaik to sabuni o te nkare nasila too sekondini tikitam, ninchop enkarasha naimulumulieki enkutuk tenaa ketumoyu.</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>Tenejuti neitukui iwuejitin naasishore iltung'ana kumok anaa ilkiseke, nimbooyo nkirruaat o nkasing'in toloidololol lino alang too nkaik naa keretu aitadoyio enkitubularoto e sayiet.</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>Teniminyikaki kulikae tung'ana nemelelo oo manya enkajino naa eituan te nkibooroto enkitubularoto e sayiet e Korona.</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>Keitodolu ena ajo mintoki aidip aitaleng'o murto o noonkakuyia inono ashu iroroki olelatia lino tenkaina kake eituan te biotisho ino. Keitoki sii aitodolu ajo ore kulikae kerretin naa keesi te kulie oitoi. Amu meyieuni enkiturruro ooltung'ana kumok.</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>Teniyieu nitumore oltung'ani oje, notore te boo enkaji ino intashe iruarat are ilamita naa keidim sii ina aibooi e sayiet e Korona pee mebulaa.</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>Matadamu ilmairon lang' liaatua nkishu kigira sii ninye aaining'u iloolimu erikore naitasheiki biotisho.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Maitadamu iltung'ana lang' kituaak elama kake pee egelari atoni oopeny.</p>