



## GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Nyanja Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ichi n'chilengezo kwa anthu onse ponena za matenda atsopano otchedwa Coronavirus kapena Covid-19
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Coronavirus kapena kuti Covid-19 n'kachilombo kakang'ono kapena kanayamba kufalikila padziko kumapeto kwa 2019 ndi kuchiyambi 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.	Nzika za'maiko onse padziko lapansi zikulimbikitsidwa kuti zisadele nkhwawa kapena kupanikizika, koma zilimbe mtima poyang'anizana ndi Mabvuto obwela ndi matendawa
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.	Kachilomboka kamafalikila mosabvuta ku munthu wina kudzela mwa malobvu otulutsidwa popuma, poseka, poimba, pokhosomola, poyetsemula kapena polankula
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Ngati munthu ayambukilidwa ndi matenda a Covid-19 angayambe kuthenta thupi kapena kukhosomola, ngakalenso zisonyezelo zina za kudwala.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Anthu okalamba ali pangodzi yaikulu kudwala kwambili ndi matendawa kuposa achichepelepo.
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.	Maiko onse padziko akukudzidwa ndi Covid-19. Mpofunadi kuchepesa kufalikila kwa matendawa kotero kuti tisaluze mbiri, zikhalidwe zathu, atsogoleri ndi anthu akwathu.
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.	Matenda a Covid-19 amafalikila kudzela mu malobvu kapena timadzi totuluka m'kamwa and m'mphuno. Timadziti tingapasilidwe kwa munthu wina, kapena kapena kugwela pa zinthu zomwe timagwila ndi manja.
Coronavirus can be spread by touching objects that have been exposed to respiratory droplets from other people.	Zinthu zimene timagwila nthawi zambiri zingakhale ndi kachilomboka ndipo kangalowe mthupi latu. Mwachitsanzo, munthu



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<p>For example, if someone sneezes and covers their mouth with their hands and then touches a doorknob, the virus could be on the doorknob.</p>	<p>akayetsemulila m'zanja lake pambuyo pake nkugagwila chitseko, kachilomoboko kangatsale ku chitsekocho.</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>Tingapwe kufalitsa matenda ka chilombo ka Corona mwa kusamba mmanja ndi sopo ndi madzi kwa masekondi 20 ndi kuvala masiki ngati nkotheka.</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>Kuyeretsa zinthu zimene timagwila kawiri-kawiri monga zitseko ndi kuytsemula kapena kukhosomolela m'dzanja lopeteka kungathandize kuchepetsa kufalikila kwa kachilomboka.</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>Kupewa kuyandikana ndi kukudzana ndi anthu omwe sitikhala nawo nyumba imodzi kungathandize kupewa 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>Izi zikuthantauza kupewa kukupatila adzukulu athu kapena kupatsana moni wa m'manja ndi anansi athu, koma chofunika koposa ndi umoyo. Izi zingathantauzenso kuti zinthu zimene timachita mwachizolowezi monga zikondwelelo zingasinte. Mukulimbikitsidwa kupewa misonkano imene ili ndi gulu lalikulu</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>Ngati mpofunikadi kuti mulankudzane ndi munthu amene simukhala naye limodzi, imani chapatali ndi iye ndi mamita awiri kuti musapatsilane Covid-19</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>Tikumbukile mankwala athu achimunthu ocilitsila, koam tizimvetsela zimene boma ndi mabungwe azaumoyo akunena ponena za mankwala.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Tikumbuse anthu athu okalamba kuti azipewe kuyandikana ndi anthu ena koma azazipatule n'kumakhala paoka-paoka</p>