



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Tangkhul Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Yaruiwui vang Coronakazāt āga (Covid-19) ngayaoa khalei maramli kachishatna
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Coronakazat āga hi 2019_zingcum apeilam eina haophok laga 2020 zingcum haokaphokli ngayao kahaina
This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.	Atam hitharan okathui hupvali khalei Ripan Miyurbing saikorana kazāt kashi hi ngaunyaoyao masāla, pinglak eina ngarar khavai kakatomna
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.	Kazat hi mi akha eina akha mankhui pailaka, khaksuikashok, khamana, khaiheng khamakhā, hākathi, laa kasā kala chān khangasanli kashoka zamzāra, machora, naphingra hikatha hi eina manpailaka.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	COVID-19 āga pakkahai tharan, kakharur, khamakha hi leira kala khangateiya kazāt wui amahāla rāshokpaiya
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Khararnaobingna kazāt hi mankhui kahai tharan raishiya kala kalāshipaimei, khanganuibingli pantam akha
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.	COVID-19 hi Ripan Miyurbinglila manhaira, kha hi mangayaokhavai kasā kala ithumwui khararchān, āwo-āyiwui zatkhanā, kathanabing kala āshangvali ngāk kakhui hi khamataiana
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.	Coronakazat āga hi kaza kahai mipa chiwui khaksui, zamzāra kākahai otyurbing chili singkaza tharan kazat āga khangayaona. Chancham sada kagazāpana hāthiror khahai ot singza kahai, khamongrui (taiti)li sākaza eina mankhui paiya
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.	Corona kazat āga hi mangayao khavai sapon eina pang mazik kazakra tara katharli, kala khamor chonshi eina fakhamra, morrom samphang akha chi sangmilu
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.	Mi kachungkhana pokaza khamongthing, khamongrui (taiti), pāngsin sākhamathā, khamor kafalaga khaiheng khamakhā, pang shakshali hāthi kasang hieina āga hi



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	mangayao ngasakmana
Limiting physical contact with others outside of those who live in your house is important to prevent the spread of COVID-19.	Shimkhur maningla ayarwui mibingli lāchada leikhangarok hina COVID19 kazat āga hi mangayao ngasakmana
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.	Chiwui kakhalatva āra-āzāli ngavam kapam lah khongnainaoili pang ngasin kazatna khamataiya maningla, phāsāli makazā khavaina khamataiya salu kajina. Chiwui vāng lumshilao kasa tharanla lāchada zatra. Sakapai eina tangda atam hitharan mi kachungchung makazip kikachina
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.	Kalikha kayāng khareili mi samphang salala lam akha (6 feet) hi lāchada nganinglu, kazat āga <u>mangayao khavai</u>
Let us be reminded of our traditional medicines, while at the same time listening to what is being prescribed by the relevant authorities.	Achalakha eina ithumna shichinkharā ari-arai hi mamalai mara kala aruihon shokda khalei ari chi kazat yangsang khamiabingna kapi khami tharanla khuisangsa
Let us remind our elders to practice social distancing, but to refrain from social isolation.	Khararnaosanli lachāda changtā khavai hānglala ahangli maokthui kharum maleingasakalu