



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	<i>Tok Pisin (Lingua Franca PNG)</i>
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Dispela em public toksave ikam long sik korona virus o binatang o Covid-19.
Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.	Korona virus (o COVID-19) em wanpela binatang i bin kamap na kalap long manmeri namel long pinis bilong ia 2019 na stat bilong ia 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.	Long dispela taim bilong hevi, yumi ol asples mamagraun na papagraun mas stap bel isi na sanap strong.
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.	Em i isi long dispela sik long kalap long wanpela man o meri igo long ol narapela manmeri. Em save kalap long kus na mauswara I save kapsait taim yu pulim win, lap, singsing, kus o taim yu toktok.
When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.	Taim yu kisim COVID-19, yu bai pilim skin hot na kus, na tu bai yu pilim ol narapela sik tu long bodi.
Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.	Ol lapun manmeri igat bikpela sans moa long kamap sik nogut tru taim ol I kisim binatang bilong korona 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.	Ol ples weh igat asples mama na papagraun i kisim sampela bagarap tu long COVID-19. Em i bikpela samting long yumi mas daunim dispela sik na lukautim ol pasin tumbuna, kustom, ol lida na manmeri long ples.
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.	Korona binatang iken kalap na mekim ol lain sik long rot bilong maus na kus wara istap long win. Dispela ol mauswara na kuswara iken kalap long wanpela manmeri igo long narapela manmeri o iken kalap long ol samting igo long ol manmeri.
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.	Korona virus binatang iken kalap long yu taim you holim ol hap samting weh binatang i pudaun antap long em. Olsem sapos wanpela man i kus na karamapim maus bilong em wantaim han bilong em na bihain em i holim dua, em nau korona virus binatang bai sidaun long dispela dua.



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<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>Long abrusim rot bilong kisim binatang bilong korona virus, yu ken wasim han bilong yu wantaim sop na klinpela wara inap long tupela ten seken na werim mask o laplap long karampim nuspes.</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>Yu mas klinim ol dua, ol tabel na hap weh yumi save holim na pilim klostu klostu na sapos yuk us, yu mas kus igo insait long elbow na ino long han long stopim dispela binatang long kalap.</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>Daunim pasin bilong bung na stap klostu klostu wantaim ol wantok.</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>Dispela i minim olsem yu bai no nap holim pasim ol bubu or sikan long ol wantok. Sampela kustom wok bai hat long bung sapos planti manmeri bai kibung.</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>Long stopim ron bilong korona virus, yu mas sanap tupela mita longweh long narapela man o meri wantok, arasait long haus bilong yu.</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>Nau em i taim tu weh yumi mas tingim ol marasin bilong yumi yet long ples na bus bilong yumi na long wankain taim harim tok bilong ol dokta long hausik.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Yumi mas toksave long ol lapun na papa mama bilong yumi long stap longweh longweh inap long tupela mita tasol em ino minim olsem ol mas stap wanpis.</p>