



COVID-19 EMERGENCY SIGNS

English	Bemba Translation
What are symptoms of COVID-19?	Bushe filangilionshi ifya covid 19?
There is a wide range of symptoms, but common symptoms include: <ul style="list-style-type: none">• Fever• Chills• Cough or shortness of breath• Fatigue• Muscle and body aches• New loss of taste or smell• Sore throat• Diarrhea• Nausea or vomiting	Kwaliba ifilangililo ifingi lelo ifyaishibikwa sana nifi: <ul style="list-style-type: none">• Impepo• Ukututuma• Ukukola nangu ukucula pakupema• Ukunaka• Ukukalipa kwa mishipa nomubili• Ukuleka ukumfwa icena elyo nomulyo mukanwa• Ifilonda pa mukoshi• Ukupolomya• Umuselu atemwa ukuluka
Sometimes, symptoms are different in Elders. Other signs to look out for include: <ul style="list-style-type: none">• Decreased ability to do usual daily activities• Racing heart• Dizziness when standing or sitting• Restlessness, hallucinations, confusion	Limo limo, ifilangililo filapusa mu bakalamba. Ifilangililo fimo ifyakwishiba pali: <ul style="list-style-type: none">• Ukecepelwa amaka yakubomba imilimo• Ukubutukisha kwa mutima• Ulunshingwa nga waiminina nangu ilyo nawikala.• Ukufulungana ukulubantika
Symptoms may appear 2-14 days after exposure to the virus	Ifilangililo kuti fyamoneka panuma yanshiku 2-14 panuma yakwambula
When should I go to an emergency room?	Bushe nililali ningaya mumuputule wamu kampampa?
<ul style="list-style-type: none">• The warning signs for COVID-19 include:<ul style="list-style-type: none">• Increased trouble breathing• Persistent pain or pressure in your chest• New confusion• Inability to stay awake• Blue lips or face	<ul style="list-style-type: none">• Ifilangililo fyakwishibilako covid 19 pali:• Ukukulisha pakupema• Ukutwalilila ukukalipa mu cifuba• Ukufulungana ukupya• Ukukana kwanisha ukusendama• Imilomo atemwa icinso yelangi lya cifufya.
If you see any of these symptoms you should go to your nearest emergency room or medical provider <u>immediately</u>	Ngacakutula mwamona icilangililo icili conse mulingile ukuya ku muputule wamukampampa uuli mupepi atemwa kumuntu uutangata pafya bumi <u>mukwangufyanya</u>