



COVID-19 EMERGENCY SIGNS

English	Endorois Translation	Swahili Translation
What are symptoms of COVID-19?	Tos, ne ne iboru COVID-19?	Dalili za COVID-19 ni nini?
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	Kaborunoik che ter che iboru kole itinye, ko u ni: <ul style="list-style-type: none">• lolenen mat• Kaitit• Ilole ak imbus ne nyigis• omin borto tukul• Maikose takiam kiy ako mang'uu kiy• omin mookto• Mang'toenen• Ing'undo• Iko taking'unta atkai tokol	Kuna dalili nyingi, lakini dalili za kawaida ni pamoja na: <ul style="list-style-type: none">• Joto mwilini• Chili/baridi• Kikohozi au uzito kwa kupumua• Uchovu• Maumivu ya misuli na mwili• Upotezaji mpya wa ladha au harufu• Kidonda cha koo• Kuhara• Kichefuchefu au kutapika
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	Imuch koter kaborunoik eng bik che echen. Ker kaborunoik che u chu: <ul style="list-style-type: none">• Moimuchi iyai boisiosiekuk chebo betu kou ye kocham iyoe• Birekei mukuleldo mising• Yo ketonon, ikose inyalulanat• Mami kamung'et, ako igere tukuk che momi. Maiguitosi tukuk che tesetai.	Wakati mwingine, dalili ni tofauti kwa wazee. Ishara zingine za kutazama ni pamoja na: <ul style="list-style-type: none">• Uwezo wa kufanya shughuli za kawaida za kila siku unapungua.• Moyo unapiga sana.• Kizunguzungu wakati wa kusimama au kukaa.• Kutokuwa na utulivu, maono yasiyo ya ukweli, machafuko
Symptoms may appear 2-14 days after exposure to the virus	Imuch koborugei tukuchu betusiek oeng' akoi taman ak ang'wan, ye namin coronavirus	Dalili zinaweza kuonekana siku 2 hadi 14 baada ya kufichuliwa na virusi.
When should I go to an emergency room?	Tos yamei awo kapkerchek awe?	Ninapaswa kwenda lini kwenye chumba cha dharura?
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	Kaborunoik che iboru miondap COVID-19 <ul style="list-style-type: none">• Nyigisitu kambuset• At kai tukul ko kitimaka anan ko-ng'wan teke• Ikulelen anan ikwong'• Nyoni ruon atkai tukul• Yomei kote anta ko toke	Ishara za onyo kwa COVID-19 ni pamoja na: <ul style="list-style-type: none">• Shida ya kupumua inaongezeka• Maumivu yanayoendelea au shinikizo kwenye kifua chako• Machafuko mapya• Kutoweza kukaa macho• Midomo ya bluu au uso
If you see any of these symptoms you should go to your nearest emergency room or medical provider <u>immediately</u>	Ye iger iro kaborunoichu, kaikai iwe sipitali anan ko kapkerich eng' chokchinet	Ikiwa utaona dalili zozote kama hizi, unapaswa kwenda kwenye chumba cha dharura cha karibu au mtoaji wa matibabu mara moja