



COVID-19 EMERGENCY SIGNS

English	IsiXhosa
What are symptoms of COVID-19?	Zintoni impawu ze COVID-19?
<p>There is a wide range of symptoms, but common symptoms include:</p> <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	<p>Zininzi iimpawu kodwa ezona zixhaphakileyo zezi:</p> <p>Umkhuhlane</p> <ul style="list-style-type: none">• Ukugodola• Ikhohlokhohlo• Ukudinwa• Umzimba obuhlungu• Ukungeva ncasa kwanokunga kwazi ukunukisa• Umqala obuhlungu• Utyatyazo• Ukuhlanza
<p>Sometimes, symptoms are different in Elders. Other signs to look out for include:</p> <ul style="list-style-type: none">• Decreased ability to do usual daily activities• Racing heart• Dizziness when standing or sitting• Restlessness, hallucinations, confusion	<p>Ngamanye amaxesha impawu zahlukile kubantu abadala. Ezinye impawu onozijonga zezi:</p> <ul style="list-style-type: none">• Ukungakwazi ukwenza izinto zase ndlini, ukhaleze udinwe.• Intliziyo ebetha ngamandla• Incilikithi xa umile okanye uhleli• Ukuphazamiseka engqondweni, ukungahlaliseki.
Symptoms may appear 2-14 days after exposure to the virus	Iimpawu zinokubela kwintsuku ezimbini ukuya kwezilishumi eline sine emva kosuleleka yintsholongwane
When should I go to an emergency room?	Ndingalufuna xa kutheni uncedo?
<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	<p>Impawu ezixhalabisayo ze COVID-19 zezi:</p> <ul style="list-style-type: none">• Ukungaphefumli kakuhle, kuvaleke isifuba.• Isifuba esibuhlungu• Ukuphazamiseka engqondweni okukhalezileyo• Ukungakwazi ukuhlala uvule amehlo• Umlomo okanye ubuso oluhlaza
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Ukuba ubona enye yezimpawu, khawuleza uye kwisibhedlela sakho esikufuphi okanye kwi ziko lezempilo.