



COVID-19 EMERGENCY SIGNS

English	Koande Translation
What are symptoms of COVID-19?	Ng'anyi tuyukilo twa kikola kya 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	Kuji tuyukilo twavula bingi, pano bino twavula paji: <ul style="list-style-type: none">• Mubiji kukaba• Mashika• Kukopola nangwa kukepelwa kupema• Mubiji kukoka• Kukola mishipeshipe ne mubiji• Kukankalwa kumvwa bwema bwa bintu• Bilonda manshingo• Kupolomya• Kulevuma ku muchima ne kulasa
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	Kimye kimo, tuyukilo tupusanako ku bakulumpe. Tukwabo tuyukilo tomwafwainwa kumwenako paji: <ul style="list-style-type: none">• Mukose wa kuba bingi byomukelwa kuba pajuba-pajuba.• Kubakauka lubilo muchima• Kimpendampenda inge mwaimana nangwa mwaikala.• Kukokelela, kwabauka, Kavulamya
Symptoms may appear 2-14 days after exposure to the virus	Tuyukilo tumo tusoloka panyuma ya kupitapo moba abiji kufika ku milungu ibiji panyuma ya kukwatwa na twishi.
When should I go to an emergency room?	Ng'anyi kimye kyonafwainwa kuya mu kibamba kya bukiji-bukiji?
<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">• Bimwesho bya lujimuno lwa kikola kya COVID-19 paji:<ul style="list-style-type: none">• Kubailako kukatazhiwa kupema• Kutwajijila kukola nangwa kufwasa mu kyaji• Kavulamya• Kukankalwa kwikala na kulaba• Kwaluka kwa musombela ku mivumbo nangwa ku meeso.
If you see any of these symptoms you should go to your nearest emergency room or medical provider <u>immediately</u>	Inge mwamonapo kayukilo pa tuno tuyukilo, mwafwainwa kupelawizha kuya mu kibamba kya bukiji-bukiji nangwa ku kipatela <u>bukijibukiji</u>