



COVID-19 EMERGENCY SIGNS

| English | Kikuyu Translation |
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| What are symptoms of COVID-19? | Ndariri cia murimu wa COVID-19 ni iriku? |
| 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 | Ni kuri ndariri nyingi cia murimu uyu iria ni hamwe na: <ul style="list-style-type: none">• Urugari muingi mwiri-ini• Kuigua heho• Kuhaya kana kuremwo ni kuhuhia• Kunogerera mwiri• Gutuurwo ni mwiri• Kwaga uhoti wa gucama na kunungira.• Gutuurwo ni numero• Kuharwo• Kuigua gutahika kana kwambia gutahika |
| 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 | Ringi na ringi, ndariri cia murimu uyu kuri andu akuru ni icenjagia. Imwe cia ndariri ingi ni hamwe na: <ul style="list-style-type: none">• Kwaga hinya wa kuruta mawira ma o muthenya ta mutugo.• Ngoro guteng'era muno.• Kuigua thiurura riria mundu arugamite kana guikara thi.• Kwaga gukindiria, kuona maundu matari ho undu umwe na gutururirwo |
| Symptoms may appear 2-14 days after exposure to the virus | Ndariri ciahota kuonekana thutha wa thiku igiri nginya thiku ikumi na inya kuuma hindi iria mundu anyitana na murimu uyu. |
| When should I go to an emergency room? | Njagiriirwo ni guthii kwamukira urigitani wa hi-na-hi ri? |
| <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 | Ndariri cia mbere biu cia murimu wa COVID-19 ni hamwe na: <ul style="list-style-type: none">• Kuongerereka gwa kuremwo ni kuhuhia• Ruo rutarathira rwa githuri.• Kwambia gutururirwo• Kuremwo ni guikara warahukite.• Miromo na uthiu kugia na rangi wa mbiruiru(blue). |
| If you see any of these symptoms you should go to your nearest emergency room or medical provider <u>immediately</u> | Ungiona uri na ndariri ta ici, wikinyie thibitari iria iri hakuhi nawe kana waranirie na murigitani. |