



COVID-19 EMERGENCY SIGNS

English	Lunda Translation
What are symptoms of COVID-19?	Yinjikizhilwinyi yakwilukilaku musongú wa 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>Kudi yinjikizhilu yayivulu, ilangá yakumona na mensu di yiyi;</p> <ul style="list-style-type: none"> • Mashika –shika • Muzhiba cha • Kakohu hela kukala kona • Kuzeyelela • Kukata kwa mbizhi ya muzhimba • Kubula kutiya chipepa • Kuhitisha • Kusanza
<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>Mpinji yikwawu, yinjikizhilu yinambuki mudi achikulumpi. Yinjikizhilu yikwawu di yiyi;</p> <ul style="list-style-type: none"> • Kumana ngóvu • Muchima kweta • Lunshetela neyi wunemani hela kushakama • Chinzeya nakuluwankana muyitongózhooka
Symptoms may appear 2-14 days after exposure to the virus	Yinjikizhilu yatela kumwekana hadi mafuku ayedi hela nyilungu yiyedi (2-14 days) hansa yakukwachika kabubu
When should I go to an emergency room?	Mpinjinyi yinatela kuya kukapeka swayiswayi?
<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>Kusopesha kwa yinjikizhilu ya musongú wa COVID19 yikwawu iyi:</p> <ul style="list-style-type: none"> • Kutwalekahu kukala kona • Kutwalekahu kukata muntulu • Kuluwankana muyitongozhooaka • Kukama tulu twatwalekahu • Kuhimpa hanyivumbi niku mensu
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Neyi wukumona iyi yinjikizhilu, watela kuya kukapeka nkaweyi hela kuchipatela kukamwihi nanayi swayi-swayi.