



COVID-19 EMERGENCY SIGNS

English	Maasai Translation
What are symptoms of COVID-19?	Kakwa ilbulabul le sayiet e Korona?
<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>Eikumok ilbulabul kake ore ilooibala naa kulo:</p> <ul style="list-style-type: none"> • Enkirowuaj o sesen • Enkikirikirata • Enkirroket oe ndorropo enkiyang'et • Enauri • Emion o sesen • Enkiminata olkishamui oing'usilo • Entiroto oolgosu • Elototo e nkoshoke • Enking'usil oltau ashu elopare
<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>Ore kulie katitin, naa kepaashaa ilbulabul too Itung'ana kituaak. Ore kulie bulabul litalu naa kulo:</p> <ul style="list-style-type: none"> • Endoyioroto engolon naasie isiaitin naatamoo • Enkuetita oltau • Enchalan teneitashe ashu eton • Meiterrin'g'a, enkiyang'iyiang, nebelibelu ndamunot
Symptoms may appear 2-14 days after exposure to the virus	Keidim neibalayu ilbulabul nkolong'i are ometabaiki tomon oo ng'uan anaa pee etumore e sayiet
When should I go to an emergency room?	Kanu enare nalo olgilata lempapuli?
<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>Ore ilbulabul le Korona naa kulo:</p> <ul style="list-style-type: none"> • Teneponari engoloto niyang'ie • Teneedoru emion ashu errishan olgoo lino • Neng'ejuku enkibelibel oo ndamunot • Engoloto nindimie atotona eitu irura • Keipusu nchonito enkutuk ashu enkomom
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Tenidol kulo bulabul nilo olgilata lempapuli ashu olabaani tesianokoto.