



COVID-19 EMERGENCY SIGNS

English	Nyanja Translation
What are symptoms of COVID-19?	Kodi zizindikiro za COVID 19 ndi chani?
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	Pali zizindikiro zochulukana, ndipo zizindikiro zopezeka kawiri kawiri ndi izi: <ul style="list-style-type: none">• Kutentha thupi• Kuzizidwa• Kutsokomola kapena kupuma mobanika• Kutopa• Kuphwanya kwa thupi• Kuthawa kwa chilakolako kwa chakudya komanso fungo• Zilonda zapakhosi• Kutsekula mmimba• Nseru kapena kusanza
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	Nthawi zina anthu achkulire amamvanso zizindikiro monga izi: <ul style="list-style-type: none">• Kulephera kukwanitsa kuchita zomwe amachita nthawi zones• Kuthamanga kwa mtima• Kumva chizungulire akayimilira kapena amakhala• Kusakhazikika kwa thupi, kuona zinthu zomwe palibe, kusokonekela kwa maganizo
Symptoms may appear 2-14 days after exposure to the virus	Zizindikiro zanthendayi zimayamba kuoneka pakatha masiku awiri mpaka khumi ndi anayi chikatengereni kachilomboka.
When should I go to an emergency room?	Kodi ndingapite nthawi yanji ku chipinda cha matenda adzidzidzi?
<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	Zina mwa zindikiro zomwe tingadziwire covid-19 ndi izi: <ul style="list-style-type: none">• Kupuma movutika• Kumva ululu kapena kupanikizika muchifuwa• Kubalalika pochita zinthu• Kusatha kwa tulo• Milomo kapena nkhope kuoneka ya bkue
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Mukaona zizindikiro zimenezi pitani ku chipinda cha matenda adzidzidzi chapafupi kapena kwa ogwira ntchito zaumoyo msanga