



COVID-19 EMERGENCY SIGNS

English	Samburu Translation
What are symptoms of COVID-19?	NyO naitodolu ajo iata 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>Keatai nkitoduat kumo kake kuna naalioi oleng;</p> <ul style="list-style-type: none">• Nkirewa• Nkijepe• luata o tinilakino aeng'a• Nauri• Mion ee nkirnyany o sesen• Tinilau nkishama e ntoki te lng'ejep o nkikeno e nkumeshin• Riata• Manaro e nkop o nkulopa.
<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>Keti nkatai nemyinyukore nduat e ltung'ana ararin nee ltung'ana leleru. Indim ning'uraa sii kuna duat;</p> <ul style="list-style-type: none">• Tinilakino ataasa lkasi lobana lias shaaki• Tinikikwet nkidikata e ltau• Manaru e nkop tinintashe tanaa sii tiniwon• Teneaku mekure iyolo koon tanaa tenauku mekure kintiring'a akili
Symptoms may appear 2-14 days after exposure to the virus	Keidim kuna duat e ana moyian neliooi tee mperot are mpaga tomon oo ng'uan.
When should I go to an emergency room?	Aa kata eishaakino paalo sipitali ee ltamoyia torok pii?
<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>Kore nduat e Covid-19 naaishakino payie kinturia pii:</p> <ul style="list-style-type: none">• Tinilakino atamata siwo pii• Tinitum mion e lgoon nemeishunye• Teneaku mekure iyolo ntokitin aitibiraki• Tinilakino atowana milura• Tinikimbelekenya sooten e nkutuk o nkomom
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Kore payie idol nduat nabo tee kuna tesioi shomo sipitali nikiteeniki mikingu'rari.