



## COVID-19 EMERGENCY SIGNS

English	Shona Translation
What are symptoms of COVID-19?	Zviratidzo zveCOVID-19 ndezvipi?
There is a wide range of symptoms, but common symptoms include: <ul style="list-style-type: none"><li>• Fever</li><li>• Chills</li><li>• Cough or shortness of breath</li><li>• Fatigue</li><li>• Muscle and body aches</li><li>• New loss of taste or smell</li><li>• Sore throat</li><li>• Diarrhea</li><li>• Nausea or vomiting</li></ul>	Pane zviratidzo zvakawanda, asi zviratidzo zvinonyanya kuwonekwa ndezvizvi: <ul style="list-style-type: none"><li>• Kupisa muviri</li><li>• Kupindwa nechando</li><li>• Kukosora kana kuzarirwa</li><li>• Kupera simba</li><li>• Kurwadza kwemuviri</li><li>• Kusanzwa kunaka kwechikafu kana munhuwi</li><li>• Kurwadza kwepahuro</li><li>• Manyoka</li><li>• Kurutsa uye kunzwa kuda kurutsa</li></ul>
Sometimes, symptoms are different in Elders. Other signs to look out for include: <ul style="list-style-type: none"><li>• Decreased ability to do usual daily activities</li><li>• Racing heart</li><li>• Dizziness when standing or sitting</li><li>• Restlessness, hallucinations, confusion</li></ul>	Pane dzimwe nguva zviratidzo zvinosiyana kune vakwegura. Zviratidzo zvinofanira kucherechedzwa ndezvinoti: <ul style="list-style-type: none"><li>• Kutadza kuita mabasa amazuva ose</li><li>• Kurova hana zvakanyanya</li><li>• Kubatwa nedzungu kana wakamira kana kugara pasi</li><li>• Kuvhumuka, kunzwa kukanganisika fungwa uye nekusagadzikana.</li></ul>
Symptoms may appear 2-14 days after exposure to the virus	Zviratidzo zvehutachiwana uhwu zvinowonekwa mushure memazuva aripakati pemaviri kusvika gumi nemana
When should I go to an emergency room?	Ndinofanira kuinda kuchipatara panguva ipi?
<ul style="list-style-type: none"><li>• The warning signs for COVID-19 include:<ul style="list-style-type: none"><li>• Increased trouble breathing</li><li>• Persistent pain or pressure in your chest</li><li>• New confusion</li><li>• Inability to stay awake</li><li>• Blue lips or face</li></ul></li></ul>	Yambiro yeCOVID-19 inosanganisira: <ul style="list-style-type: none"><li>• Kutambudzika nekufema</li><li>• Marwadzo echifuva akanyanya</li><li>• Kuwedzera kuvhiringika</li><li>• Kutadza kugara wakapepuka</li><li>• Muromo uye vuso hunoita ruvara rupfumbu.</li></ul>
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Kana wawona zviratidzo izvi unofanira kuenda kuna chiremba kana chipatara chiri padhuze.