



COVID-19 info for Indigenous Children & Youth

English	Endorois	Swahili
What does COVID-19 mean for our community?	COVID-19 ko Nee eng' pikcho?	COVID-19 inamaanisha nini kwa jamii yetu?
Coronavirus (or COVID-19) is a new, tiny virus	Coronavirus anan COVID-19 ko kuutik cheungotin eng ng'uлек anan ko ting'owek	Coronavirus (au COVID-19) ni virusi mpya
It travels on small drops of water	Letogei eng ngulek ak ole tuon.	Husafiri kwa matone madogo ya maji
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 komuchi koyei bik komionyo komie, eng' lolion and kolale mat	COVID-19 inaweza kuwafanya watu wagonjwa sana, kawaida na kikohozi na homa
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Selisyek che mito porto koporekei ak Coronavirus, ako maimuchi akoi kotoretu taktariek ak kerichek	Seli katika mwili wetu hupigana na coronavirus, lakini wakati mwingine watu wanahitaji msaada kutoka kwa madaktari na dawa
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Nomei chi Coronavirus kobunu chito ne kerion ana ne kalal. Imuch kouny-gei kora eng' tuguk che kinomei	Coronavirus inaenea kupitia kikohozi na kupiga kelele. Inaweza pia kujificha kwenye vitu tunavyogusa
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Oree ne kararan mising ne kitononen Coronavirus, ko kotelel bik eng' kakwaet ab keldo eng lo	Njia bora ya kuzuia coronavirus kutoka kuenea ni kwa watu kusimama miguu sita kando.
What does COVID-19 mean for Indigenous Nations?	Tos iboru ne COVID-19 eng' pororiosiek chebo biik chengeringen eng piteng'wang'?	COVID-19 inamaanisha nini kwa Mataifa ya Asili?
Many Indigenous nations are very worried about coronavirus.	Pororiosyek che ripei piteng'wang' ko kiorogen-yo akobo coronavirus	Mataifa mengi ya asilia yana wasiwasi sana juu ya ugonjwa wa coronavirus.
Because older people are more likely to get the virus, elders are especially at risk. It is important to stop coronavirus in order to protect our traditions and our leaders.	Amu nyumnyum konyoru bik che echen coronavirus, boisiek komi ole ng'oi. Bo komonut kekiringta coronavirus si koriboko pitenyo ak kandoikyo che echen	Kwa sababu watu wazee wana uwezekano mkubwa wa kupata virusi, wazee ni hatari kubwa. Ni muhimu kukomesha coronavirus ili kulinda mila yetu na viongozi wetu.
What can we do to help?	Tos kiyoe ne ne toretu?	Je! Tunaweza kufanya nini ili kusaidia?
Keep your hands clean. Use soap and clean water if they are available.	Ingotililitu eunekuk. Iun eng' sobuni ak bek che tililen.	Safisha mikono yako. Tumia sabuni na maji safi ikiwa yanapatikana.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Tich kote yon kailal anan iryon. Boisien kimaine anan ko tissue.	Funika kikohozi chako na pia ukipiga chafya. Tumia kiwiko chako au tishu kila inapowezekana.



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Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Am amitwokik che kororon, e bek eng' chong'indo and iru eng' saisyek che chang' asi komieit bortong'ung	Kula chakula chenye afya, kunywa maji, na upate usingizi mwingi ili kusaidia mwili wako kuwa na afya.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Amatkolekityikei, yo omi boisyosyek alak tugul akot tumotinwo anan ko yon omi ak kaitang'ung' anan kong'ung. Okas it bik che echen eng kotikoneng'wang'	Fanya mazoezi ya umbali wa kijamii, wakati wa kusherehekea desturi na pia wakati unapokaa na familia. Sikiza wazee wako kwa mwongozo na ushauri
Our community has lived for over 1,000 years! We are going to be okay.	Kikemeny koroni kenyishek che chang'! Kimengisotik eng kabureito neime.	Jamii yetu imeishi kwa zaidi ya miaka 1,000! Tutakuwa sawa.