



Travel to Cities and Populated Areas During COVID-19

English	IsiXhosa
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Esi sisaziso nge sifo iCorona virus okanye iCOVID-19 ngokunokutsho.
What are the risks of traveling?	Zeziphi iingozi zoku tyelela?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Xa utyelela kwenye idolophu apho iCorona virus isasazeka ngamandla, usenokuchaphazeleka nawe.
Traveling is even riskier if you or someone you live with is an Elder, because Elders are at increased risk of getting very sick from COVID-19.	Ukutyelela kuyingozi ukuba wena okanye umntu ohlala naye mdala, kuba abantu abadala basemngciphekweni wokugula sisifo iCOVID-19
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Kwaye, ukuba uhlala kwindawo apho iCorona virus isasazeka ngamandla, usenoko sulela abanye abantu xa utyelela.
Because of this, it is important not to travel if you are sick, or if you have been around someone with COVID-19 in the last two weeks.	Ngenxa ya lento, kubalulekile ukunga tyeleli xa ugula okanye uhlala nomntu osuleleke yi COVID-19 kwiveki ezimbini ezanduleleyo.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Ngoba konke ukutyelela kungumngcipheko. Kungcono sihlaleni ezindlini.
If I am traveling, how can I stay safe?	Ukuba ndiyatyelela ndingazikhusela njani?
If you must travel, there are several things you can do to stay safe. Most importantly, wash your hands as often as possible using hand sanitizer or soap and water for 20 seconds, if these are available.	Ukuba kunyanzelekile utyelele, zikhona izinto eziliqela onokuzenza ukuzikhusela. Okubalulekileyo, hlamba izandla zakho nge sephu okanye isanithayiza kunye namanzi ubuncinane imizuzwana eyi 20.
If available, pack enough hand sanitizer to last for the entire trip.	Ukuba unazo, qokelela isanithayiza ezininzi ezizakwanela uhambo lwakho.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Ungayibambi impumlo, umlomo okanye ubuso. Yima ubuncinane imitha eyi 1 kunye nabanye abantu.
Wear a mask or cloth face covering when in public.	Faka isifonyo okanye ugqume umlomo ne mpumlo xa usesidlangalaleni.
Cover coughs and sneezes with you elbow, not your hands.	Gquma nge ngqiniba hayi nge zandla xa ukhohlela okanye uthimla.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Musa ukutya kwindawo ezenza ukutya. Thenga uyotyela endlini okanye uziphekele okwakho ukutya.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Okokugqibela, khumbula ukutyelela xa kunyanzelekile kuphela. Ukunciphisa utyelela kuzawukhusela wena, usapho lwakho, uluntu lwase kuhlaleni kwakho jikelele.