



COVID-19 info for Indigenous Children & Youth

English	Kikuyu
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Giki ni kimenyithia kia muingi kia maumirira ma murimu wa coronavirus kana Covid-19.
What does COVID-19 mean for our community?	Murimu wa COVID-19 urataukira ruriri rwitu atia?
Coronavirus (or COVID-19) is a new, tiny virus	Virus iria iracungiriria murimu wa Corona kana COVID-19 ni ng'eni na ni nini undu itangioneka na maitho.
It travels on small drops of water	Utambaaga uri thiini wa tutata tunini muno twa maii.
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 iri na uhoti wa gutuma mundu ahinyiririke muno kimwiri guku akigumirwo ni kuhaya na urugari muingi mwiri-ini.
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Tuhengereca twa rangi mweru nituhuranaga na murimu wa coronavirus no rimwe andu mabataraga uteithio wa kiriu kuuma kuri ndagitari.
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Murimu wa coronavirus utheremaga na njira ya kuhaya na guathimura. Murimu uyu ningi no wihithe hari indo iria twahutia.
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Njira iria njega ya kuigita na kugiria murimu wa coronavirus gutherema ni andu guikara maraihaniriirie na futi ithathatu
What does COVID-19 mean for Indigenous Nations?	COVID-19 irataukira atia mabururi maria marumagirira unduire?
Many Indigenous nations are very worried about coronavirus.	Mabururi maingi maria marumagia unduire nimahahuritwo muno ni murimu 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.	Kuona andu akuru nio mari ugwati-ini munene makiria wa kugwatwo ni murimu uyu, hari bata kurugamia utheremu wa murimu uyu niguo guithema kuruo ni unduire na atongoria aitu.
What can we do to help?	Tungiika atia niguo tuteithiririe?
Keep your hands clean. Use soap and clean water if they are available.	Ikara na moko maku mari matheru. Huthira thabuni na maai matheru akorwo iri ho.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Humbira kanua gaku riria urahaya na guathimura. Huthira mwena wa thiini wa kigokora kana karatathi kahuthu ga gucoka guteo riria kwahoteka.
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Ria wega, nyua maai, na ugie na toro wa kuigana niguo wigiire na ugima mwege wa mwiri.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Geria guikara na kuiga gatiina karia kagiriire na andu hindi ya gukunguira mambura guku ukihuthira nenda cia kiriu kwaraniria na andu a nyumba yaku kuuma kuraya. Thikiriria mataaro kuuma kuri akuru aku.
Our community has lived for over 1000 years! We are going to be okay.	Ruriri rwitu rukoretwo ho kwa makiria ya miaka ngiri imwe. Nitugutoria.