



Travel to Cities and Populated Areas During COVID-19

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 are the risks of traveling?	Mogwati ma kuumagara ni mariku?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Ungicera matura-ini maria murimu wa corona uratherema, wahota kunyitwo ni murimu ucio uri icera-ini.
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.	Gucera kwina ugwati muingi hindi iria uraikarania na mundu mukuru amu andu akuru mari ugwati-ini munene wa kuhatirio ni murimu wa COVID-19.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Ningi, angikorwo uraikara ituuraini kuria murimu wa corona uratherema, wahota kugwatia andu angi hindi iria uracera.
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.	Na tondu wa maundu maya, ti wega gucera hindi iria wi murwaru kana riria urigiciirio ni mundu uria unyititwo ni murimu wa COVID-19 ta ciumia igiri hituku.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Na tondu guceera kuri na ugwati munene, niwega guikara mucii uria kwahoteka.
If I am traveling, how can I stay safe?	Riria ndiracera, njagiriirwo ni guikara atia ndigitiire?
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.	Akorwo nonginya uceere, kuri maundu waagiriirwo ni guika ma kwigitira. Muno makiria, withambe moko maita maingi ukihuthira sanitiser kana thabuni na maai kahinda ga secondi mirongo iiri, akorwo ni ironekana.
If available, pack enough hand sanitizer to last for the entire trip.	Akorwo wina sanitaiza, kuua cia kuigana cia kuhuthira thabari-ini yaku yothe.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Geria kwaga kuhuti iniuru, kanua kana uthiu waku. Geria kwaga guikara hakuhi na andu aria angi, ikara futi ithathatu muraihaniriirie kwahotekeka.
Wear a mask or cloth face covering when in public.	Wihuumbire kanua na iniuru ukihuthira karembeko riria uri muingiini.
Cover coughs and sneezes with you elbow, not your hands.	Wihumbire ukihaya na ugiathimura ukihuthira mwena wa thiini wa kigokora giaku, no ti moko maku.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Ndukarie irio mikawaini. Gura irio ukuue kana wirugire irio ciaku riria kungihotekeka.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Muthia, ririkana guceera o riria hari na bata muno. Kunyihia iceera ni guguteithia nyumba yaku, ituura riaku na andu aria muriganitie guikara mwina ugima mwega wa mwiri.