



COVID-19 info for Indigenous Children & Youth

COVID-19 info for Indigenous Children चिचिमा छाछामाचिम् लागि कोभिड १९	
English	Indigenous Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	अङ्क कोरोना भाइरस वा कोभिड १९ मि बारेपी रिदाम् के ।
What does COVID-19 mean for our community?	कोरोना पिक्काक उये ?
Coronavirus (or COVID-19) is a new, tiny virus	कोरोना पिक्काक चिमाछा पुछ्छोछातक भाइरस के ।
It travels on small drops of water	अङ्क चिचिछा काउमी तप्काछाप्का सरेई छुवे ।
COVID-19 can make people very sick, usually with a cough and fever	अङ्कसा हायाम् लोक्तो तुक्या । छुक्स्या खिक्काना गाम्गु हुइय ।
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	अ कोरोनालो ई शरिरपिक कोषिकालो खेये । हेप्लोन् ई शरिरपिक कोषिका आडा दुर खोरोलोई हेप्लोकक डाक्टर खोमिम्डा तात्त ।
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	अङ्क कोरोना छुङ्कुल पिका लो नाखिल्वापिकालो सरेई छुवे । केईया खुस्को खोलोक सामानपीसो सुल्यान्चीना तुवे ।



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<p>The best way to stop coronavirus from spreading is for people to stand six feet apart.</p>	<p>अड्क कोरोनापिका बचेई छुम्लागि दुडनप् उपाय पिक्याक हेप् मिस्लो ६ मिटर मेक्सा मात्ता तुम् छुवे ।</p>
<p>What does COVID-19 mean for Indigenous Nations?</p>	<p>अड्क कोभिड १९ पिक्यालो आदिवासी समुदायपि उई बुभेई मयाम् ?</p>
<p>Many Indigenous nations are very worried about coronavirus.</p>	<p>अड्क कोरोना भाइरसपिका आदिवासी कुलु मिस्ची किस्चाय, खची सानीवा चाइस्चाय ।</p>
<p>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.</p>	<p>मेत् ताप्तेप् मिस्ची दुडलोकतो अड्क कोरोना भाईरसा लाप्दुरचीना गार मैची । खन्सा ई खुक्सुची खोलोआ सम्सुर्म छुवे । खोरोनादो मात्ता ई रिदुम् होदुम् सम्सुरुम्लाताम् ।</p>
<p>What can we do to help?</p>	<p>केईया ई खुक्सुची उई बोन्धो दुराम् ?</p>
<p>Keep your hands clean. Use soap and clean water if they are available.</p>	<p>खची हुलोड् सप्पीयाम्, समुम्पीयाम् साबुन तियाम्ना ।</p>
<p>Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.</p>	<p>हाँच्छयू मियालो ना छुक्स्यालो ई खाचालुआ मादो तेईआ देपाम्ना छुक्स्या ।</p>
<p>Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.</p>	<p>जा चायाम्लो जिस् स्वस्थ्यबर्दक जा चाम् छुवे । चोक्ख काउ दुम् छुवे । इम् मान्लाप् इम् छुनो मो जिम्कसम्मो इम् छुवे ।</p>
<p>Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice</p>	<p>खिम्पीक वानाम् मम् बोक्दो खोलो गुस्पी सुसुर्यो मान्तुमो जिस् मेक्सा-मेक्सा तुम्ना मम् छुवे । तुस्बुईचीम् रिड्सो येईम् छुवे नैक सम्मो खुईलम्मीना तुम् छुनो ।</p>
<p>Our community has lived for over 1000 years! We are going to be okay.</p>	<p>ई फप्पाचीम् पालप्का एकतो हाजार दोड्का एकतो केई छ्रासिचाया, खोलो ओरोना होसोड् छिलुमाप्तो थोडिचाया ।</p>