



Travel to Cities and Populated Areas During COVID-19 (Kirat Kulung)

English	Indigenous Translation
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	अङ्क कोरोना देसान्मी तोक्पी खोलोआ छेईम् लेम् लागि मम्पा रिदाम के ।
What are the risks of traveling?	ओरोबाईप् लाम्मी लागि लत्यालो उचि जोखिम् छुवे ?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	यदि आन्नी कोरोना भाइरस फैलेई छुक समूदाय मेक्सा खात्चाईनीदो आन्नीसो भाइरस सरेई छुदुर ।
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.	लाम्पी यदि आन्नीस्का मेत खाईप् मिस्चिका तुनीदो खोरोलोसो जिस् जोगई मम्चिम् तात्त । उरोई पिक्यालो बुढा बुढामा जिस् दावा कोरोनाआ लापुदुर ।
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	खिक्काना यदि आन्नी कोरोना फैलेई छुक्स्को समूदायपी तुनीदो आन्नासो हेप् मिस्ची कोरोनो खुन्छो दुर्नुम् ।
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.	यदि होपडा तुक्खादोक खेना तुक्खा मिस्लो तुपानीक तुदोक नीस हप्तातोदी हारोसो मान्नेसा थलपिङ् तुम् छुवे ।
Because all travel has inherent risks, it is best to stay in your	उरोइ पिक्यालो लाम्दुम्स्कोपी जोखिम् छुवे । खन्सा नैकसम्मो हापी तुचाईकय मन्पिडा तुम्चाम्ना ललिम्चाम्चिम छुवे ।



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own community as much as possible.		
<b>If I am traveling, how can I stay safe?</b>	लैम्डा बोक्स्दो उतोडनाई सुरक्षित छुवे ?	
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.	यदि आन्ना यात्रा मम्डा बोक्स्दोक सुरक्षित मम्चिम् लागि साबुन लो काउलो २० सेकन्ड तो तातो हु सम्मा मादोक सेनिटाईजर तेम्चाम् छुवे ।	
If available, pack enough hand sanitizer to last for the entire trip.	यदि दुराम्दोक लत्याकतो तातोम् लागि काउ, साबुन, सेनिटाईजर कक खुर्दिम् छुवे ।	
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	नैक सम्म होप्पी मुक्स्, नाप्, ड हुआ खुईम् छुनो । हेप् मिस् तुम् छुनो । तुम्डा बोक्स्दो ६ फिट मेक्सा तुम् छुवे ।	
Wear a mask or cloth face covering when in public.	मिस् दुमो तुस्को मेक्सा खात्नीदो मास्क मादो ड देम् तेई खुर्मचम् छुवे ।	
Cover coughs and sneezes with you elbow, not your hands.	हाँच्छ्यू मिइनीदो छुक्स्नीदो हुआ मादो खाचालुआ देम्छुवे ।	
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	पाखा मेक्सा मिचा डियक जा चाम् छुनो होपाड् खिम्पी डिम्ना चाम् छुवे ।	
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	वेईन्छ्रोस्कोपी, माडखाईमो नम्डा नैनोदो मात्ता पाखा लइम्छुवे । पाखा लत्यानोदो होप्, होप्पी खिम्पोस्, तेल्योस्, खिक्काना आर्को तेल्मेक्साक मिस् खोलोड् जगेई छुव्या ।	