



Travel to Cities and Populated Areas During COVID-19

English	Kokborok (Tripura)
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Imo kaisa koronabairas eba COVID-19 hamyano lagoi sorkar seba ronai kok sakhlaima.
What are the risks of traveling?	Beraikhai tama tama kirima tong?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Koronabairas solojak jaiti moyalo nwnng beraini thangkhai nini daio o hamya solomano.
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.	Nwnng beraiphuni nini udungo okara tongkhai eba nini nogophung kaisaswk okara borok tongkhai nini kirima arwbo kabang tongo, tamani hinba COVID-19 hamya okararok ni oro daktwi sologo.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Imoni badebo, nwnng tongnai jagao koronabairas solojak hinkhai, nwnng beraiphuni borokni daiobo nini daini hamya solomano.
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.	Araini bagoi, nwnng jodi haya ongkhai, eba jodi nwnng thanai hati kainwi bisingo COVID-19 bai solojak kaisaswkni koreo tongkhai beraithai kwrwi.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Tamani hinba jotto berainai daio kirima tongo, obonithani sakni moyal bisingo tongmani hamo.
If I am traveling, how can I stay safe?	Beraiphuni ang baraikhaioi gamkwrwng tongmanai?
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.	Nwnng phataro akholni nanglangkha hinkhai, gamkwrwng tongni bagoi khaijaknai kisa mandwi tongo. Jottoni nangnai ongkha, jeswk phari nini yakno hendsenitaijarbai hudi eba saban bai twi mankhai 20 sekend kayasak gam khaioi sujaknai.
If available, pack enough hand sanitizer to last for the entire trip.	Beraiphugo baksa nangnai hend senitaijar tongdi.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Nini bukung, bukhuk eba makhang romnai yakardi. Arw kaisabai koreo tasedredi. Borokbai jonon 6 phutswk kachalo tongdi.
Wear a mask or cloth face covering when in public.	Borokjak kabang daio thangnani nangkhai mask eba ribai bukuk khapakdi.
Cover coughs and sneezes with you elbow, not your hands.	Kusuphuni akhai haichukphuni yak phaikroboi oro bukhuk huioi kusudi akhai haichukdi, yak bukhuk tamuthupdi.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Mai-mwi phalnai dogano ta-chadi. Oboni naioi, chanai mandwi yago twioi ladi eba pharikhai sakni sak sungoi chadi
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Akhai paithakni kok ongkha, phataro akholya yukliya hinkhaise phataro akholdi eba beraini thangdi. Nwnng, nini nokni borok, nini hodani borok akhai nokarini borok jottono gamkwrwng tonglaini bagoi jeswk phari phataro akholya eba beraiyade tongmano naidi.