



## COVID-19 info for Indigenous Children & Youth

English	Luganda
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Kino kirango ku kubarukawo kwe kirwadde kya senyiga omukambwe corona oba Covid-19
What does COVID-19 mean for our community?	COVID-19 Kitegeezaki mu kitundu kyaffe?
Coronavirus (or COVID-19) is a new, tiny virus	Coronavirus oba COVID-19 kawuka kapy'a, akasirikitu?
It travels on small drops of water	Katambulira ku matondo gamazi agasembayo obutono.
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 asobola okulwaaliza ddala omuntu, okusinga aleeta ekifuba n'omusujja
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Abaserikale bomubiri bayinza okulwanyisa coronavirus, naye emirundi egimu abantu beetaaga okuyambibwa okwekikugu okuva mu basawo ne'ddagala ezungu
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Coronavirus atambulira mu kukolora no'kunyizza. Ayinza okweekweka ku bintu byetukwatako
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Engeri yokuziyiza coronavirus esinga kwe kweewa amabanga ga mita mukaaga okuva ku bantu abalala.
What does COVID-19 mean for Indigenous Nations?	COVID-19 kitegeeza ki eri amawanga agakyaakula?
Many Indigenous nations are very worried about coronavirus.	Amawanga agakyaakula agasinga meelalikirivu nyo olwe kirwadde kya 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.	Olwokuba nga emikisa gya bakadde okukwaatibwa coronavirus mingi, kyaamakulu okulwanyisa okukomya coronavirus okusobola okukuuma abakadde, obuwangwa na'bakulembeze.
What can we do to help?	Tusobola kukolaki okuyamba?
Keep your hands clean. Use soap and clean water if they are available.	Kuuma engalo zo nga nyoonjo. Kozesa sabuuni na'mazzi amayonjo wekiba kisobose.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Bikka kumumwa bwoba okolola oba okwaasimula. Kozesa ekakokola okwaasimula oba okukolola wekiba kisobose
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Lya bulungi, nywa amazzi, weebake ekimala okuyamba okukuuma omubirigwo nga mulamu bulungi.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Weewe amabanga, koola ebintu byo'lukale ku mitimbagano oba mu mabanga amanene. Wuliriza okulungamizibwa kwa'bakulembeze
Our community has lived for over 1000 years! We are going to be okay.	Eggwanga lyaffe liwangadde okumala emyaka lukumi(1000) nokusoba! Tujja kuba bulungi.