



Travel to Cities and Populated Areas During COVID-19

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 are the risks of traveling?	Bulabe ki obuli mu kutambula?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Bwogenda mu kitundu ekirimu ekirwadde kya coronavirus, oyinza okukwatibwa ekiradde ekyo mu kutambula kwo.
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.	Okutambula kya bulabe nyo nokusinga bwoba nga obeera n'omuntu akuze mu myaaka, kubanga abantu abakuze mumyaaka ekirwadde kya COVID-19 kibakosa ubi nyo.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Nekirala, bwoba nga obeela mu kitundu ekitaliimu kirwadde kya coronavirus, Bwotambula osobola okubaletera obulwadde.
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.	N'olwekyo, kyamakulu obutatambula bwoba nga olimurwadde, oba nga obadeko n'omuntu alina ekirwadde kya COVID-19 mu wiiki biri.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Olwemikisa gyokufuna obulwadde egifumbekedde mu kutambula, kisingako okusigala mu bantu bo.
If I am traveling, how can I stay safe?	Bwemba nga ntambula, nsobola ntya okweekuuma?
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.	Bwekiba tekyeewalika okutambula, waliwo by'osobola okukola okweekuuma, okusinga, naaba mungalo bulikiseera nga okozesa sanitayiza oba sabuuni n'amazzi okumala obusikoonda amakumi abiri.
If available, pack enough hand sanitizer to last for the entire trip.	Bwekiba kisoboka, pakira sanitayiza anakumazaako olungendo lwona.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Wewale okukwaata ku nyindo, omumwa, oba amaaso. Wewale okubeera okumu mu bantu, kuuma amabanga ga mita 6 okuva ku balala.
Wear a mask or cloth face covering when in public.	Yambala akakookolo oba ekibikka ku maaso nga oli mubantu abangi.
Cover coughs and sneezes with your elbow, not your hands.	Kololela mu kakokola so si mungalo.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Tolya mu wooteeri. Wabula, funa emere empakinge oba wefumbire wekisobose.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	N'ekisembayo, jjukira nti okukendeeza okutambula kijja kuyamba gwe, famire yo, abantu b'ekitundu kyo, nebalirwaana bo bona nga balamu bulungi.