



Travel to Cities and Populated Areas During COVID-19

English	Lunda
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ayinu himbila kudi aketungá hadi musongú wa coronavirus hela Covid19 wunatiyakani.
What are the risks of traveling?	Kukalanyi neyi nukwend?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Neyi wukwendela muchitungílu chachiha kudi kunakutanda musongú wa coronavirus, wukuwukata mpinji yiwukenda
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.	Chikuswezha kukalisha neyi wukwenda hela wukweti kashinakazhi mulongá atushinakazhi diwu anakusambula musongá wa COVID 19
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Chengí neyi washakama muchitungílu munakutanda musongú wa coronavirus, wukusambwishaku antu makwawu mpinji yiwukwenda nakuya kwachengí
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.	Nanochu, chalema kubula kwendela malungá achengí neyi wakata hela neyi wadingá na muntu wudi na musongú wa covid19 hansa yanyilungu yiyedi
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Mulongá kwenda kwezhima kudi na kula, chuma chalema shakamaku nakudingúmica muchitungílu mpinji yezhima
If I am traveling, how can I stay safe?	Indi neyi inakwendela ilungá da chengí nukwila ngáhi hakwila nikali wakingéwa?
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.	Neyi wukukengá kwendela ilungá dachengí, kudi yuma yambooka yiwatala kwila kulonda wikali wakingéwa. Chuma chalema, welaku kumakasa mpinji ni mpinji nakuwaya manzhi asanitizer hela welaku kumakasa na mulola hadi 20 minutes.
If available, pack enough hand sanitizer to last for the entire trip.	Neyi wudi nasanitizer, longáku yashikilamu yiwatela kuzatisha mpinji yiwukwenda
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Bayi kukwata kwata kumuzulu, kanwa nakumensu. Bayi kuswina mukamwihi nawantu, dambuli chintampu cha 6 feet neyi chinateleli
Wear a mask or cloth face covering when in public.	Vwalaku ihina kukanwa na mazulu mukachi ka wantu
Cover coughs and sneezes with you elbow, not your hands.	Kohwelaku hela kuchihula mukachi ka nkokola bayi mumakasaku
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Bayi kudila yakudya kwayilandishilangáwuku. Chuma chakwila, landaku nakusenda hela ditelekeli yakudya yeyi nakusenda konsu kuwunakuya
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Chakukumishaku, anukaku kwenda chingá hohu chinateleli. Keheshaku kwenda chikukwashuku eyi, chisaka, chitungílu nawantu wadikuma nawu kuda chiwahi.