



## COVID-19 info for Indigenous Children & Youth

English	Maasai
What does COVID-19 mean for our community?	Kainyoo eutu ena sayiet e korona to losho lang lolmaasai?
Coronavirus (or COVID-19) is a new, tiny virus	Ore ena sayiet e korona naa enkiti kurto natupukwo det
It travels on small drops of water	Keitubulari toolkitong'at le nkare
COVID-19 can make people very sick, usually with a cough and fever	Keitamuoi ena sayiet oltung'ani oleng neisulaki enkirroket o enkirowuaj osesen
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Ore engolon natii iseseni lang' naa kearare ena sayiet kake ore kulie katitin naa keyieu iltung'ana eretoto oo labaak arashu olmairo
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Ore ena sayiet naa keitasuroi tenkirroket oe nkasing'i teneitu eiken oltung'ani nkumeishin o enkutuk aitobiraki. Keisudori sii toonkitin nikimbung'
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Ore enkoitai nadede naiboorieki ena sayiet naa pee elama iltung'ana eroruata nabo olupisiai.
What does COVID-19 mean for Indigenous Nations?	Ainyoo eitodolu ena sayiet Korona too loopeny enkop?
Many Indigenous nations are very worried about coronavirus.	Ore iloshon kumok le naiteru-kop neirutie oleng ele meitai le Korona
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.	Ore amu keibung' ena sayiet iltung'ana kituaak teleleki, ketii bata iltung'ana moruak bata natumie ena moyian. Eisdai tenikimbooyo ena sayiet pee kirrita olkuaak o larikok lang
What can we do to help?	Kaji kinko pee kireto?
Keep your hands clean. Use soap and clean water if they are available.	Ntukuo nkaik inono pooki kata, ntukuo to sabuni o te nkare nasila tenaa ketumoyu
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Intoipo enkirroket o enkasing'i ino toloidolol arashu te nkardasi naji tishu teneidimayu
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Inosa endaa naret osesen, tooke enkare, nirura aitorioki pee iret osesen lino ebik aabioto
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Tamoo talama o likae o likae; nchere matishipakinoto ilkerretin lang nikiboitare ilmareita lang eitu kitaanikino. Matoning' enkiteng'ena ooltung'ana lang kituaak
Our community has lived for over 1000 years! We are going to be okay.	Ore loшон lang netobiko larin enkalifu nabo. Kesidanu ake mbaa te yiook.