



## COVID-19 info for Indigenous Children & Youth

English	Samia
What does COVID-19 mean for our community?	Covid19 yitegesa sii mubifo bihumenyamu
Coronavirus (or COVID-19) is a new, tiny virus	Covid19 niye akhaukha hatuoni akhayakha
It travels on small drops of water	Yikendera hubotonde bwa machi
COVID-19 can make people very sick, usually with a cough and fever	Covid19 yinyala yalwasaa abandu muno nende ekhololo nende akhasujah
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Obutafaali mumibiri kiefe bilwanisa Corona virus, naye ebiha bindi abandu betaga obuyambi otula mubasawo ende amalesi
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Corona virus khasasana otula my khololo nende okhumisa. Handi yi Nyala yekisa hu bindu bi hudirakho
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Engeri endayi yihira ohwakamia covid19 okhusasanah nikwo ohwema efuti 6 otula eri owasio.
What does COVID-19 mean for Indigenous Nations?	Covid19 yitegesa si eri ebialo bya bamali
Many Indigenous nations are very worried about coronavirus.	Ebialo byabamali bingi byelalihire covid19
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.	Khulwokhuba abakofu bafuna mangu covid. Sio mugaso muno ohwakamia covid19 nikalimbwe hudaha olinda abakofu obutalwala
What can we do to help?	Sino sihwakhakhola okhuyamba?
Keep your hands clean. Use soap and clean water if they are available.	Bikha emikhono kiawo nimiyonjo. Khosesa sabuni nende amachi mayonjo nikalimbwe kaliwo
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Bwikhawo ekhololo yawo nende nomisa. Khosesa ekokhola yawo oba akhachere nisanyalikhana.
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Lya bilayi, ngwa amachi nende ohweyalisa humala okhuyambakho olinda omubili kwawo nimulamu bilayi
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Webe ebanga nende owashio nohola emikholo nende nomala ebikha nende abahulundu bawo nibahusomesa.
Our community has lived for over 1000 years! We are going to be okay.	Ebialo byeffe biakhabao okhumala emyaka elifu! Hulucha okhuba bilayi.