



## COVID-19 info for Indigenous Children & Youth

English	Shona
What does COVID-19 mean for our community?	COVID-19 inorevei munharaunda yedu?
Coronavirus (or COVID-19) is a new, tiny virus	Coronavirus (COVID-19) hutachiwana hudiki-diki husingawonekwi nemaziso.
It travels on small drops of water	Hutachiwana uhu hunopomerwa kuburikidza mumadonhwe emate.
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 inokonzera hurwere hwakanyanya, uye kupisa kwemuviri nechikosoro.
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Masoja emuviri anorwisa coronavirus, asi dzimwe nguva varwere vanoda rubetsero rwachiremba nemishonga.
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Coronavirus inotapurira kuburikidza nechikosoro uye nekuhotsira. Hutachiwana uhu hunowanikwa pazvinhu zvatino bata nguva dzose.
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Nzira yekudzivirira kutapukira kwehutachiwana uhu kuti pave nemukaha unosvika mamita maviri pakati pevanhu
What does COVID-19 mean for Indigenous Nations?	COVID-19 inoreveyi kunyika dzakasiyana-siyana?
Many Indigenous nations are very worried about coronavirus.	Nyika dzakasiyana dzirikushungurudzika nechirwere cheCoronavirus
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.	Chirwere ichi chinonyanya kubata vakwegura, naizvozvo zvakakosha kuchidzivirira kuitira kuti tichengetedze ruzivo nemagariro edu ayo anozivikamwa nevakweguru vedu uye nevatungamiri.
What can we do to help?	Chii chatingaita kubetsera?
Keep your hands clean. Use soap and clean water if they are available.	Mawoko ngaagare akachena. Shandisa sipo uye nemvura yakachena.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Shandisa gokora kuvhara muromo kana uchikosora uye kuhotsira.
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Idya chikafu chine utano, imwa mvura yakawanda, uye iva nenguva yekurara yakawanda kuitira kuti muviri ugare une utano.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Ngapave nemukaha patinenge tichitandara nemhuri uye patinenge tichiita mhemberero dzetsika nechivanhu chedu. Kana zvichibvira ngatishandise masaisai kutaura nehama dzedu. Ngatitererei mazano evakuru.
Our community has lived for over 1000 years! We are going to be okay.	Nharaunda dzedu dzava nemakore anopfuura zviuru dziripo, naizvozvo zvose zvichanaka.