



## Travel to Cities and Populated Areas During COVID-19

English	Shona
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Chiziviso maererano nechirwere cheCoronavirus uye chinozivikamwa zvakare sekuti Covid-19
What are the risks of traveling?	Chii chakaipira kushanya?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Kana ukashanyira nharaunda ine hutachiwana hweCoronavirus, unokwanisa kutapurirwa hutachiwana uhwu.
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.	Kushanya kwakanyanya kuipa kana uchigara nevakweguru nekuti nezera ravo vari panjodzi yekurwara neCOVID-19
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Kana uchigara munharaunda ine chirwere cheCoronavirus, unogona kutapurira hutachiwona uhwu kune vamwe vanhu kuburikidza nekushanya.
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.	Naizvozvo zvakakosha kuti usashanya kana uchirwara, uye kana wakambogara nemunhu anorwara neCOVID-19 kwenguva yemavhiki maviri apfuura.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Kushanya kunokonzera njodzi dzeurwere naizvozvo zvakakosha kugara munharaunda yako.
If I am traveling, how can I stay safe?	Ndinozvidzivirira sei kana ndichishanya?
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.	Pane nzira dzakawanda dzekuzvidzivirira kana uchifanira kupinda parwendo. Zvakanyanya kukosha kugeza mawoko nesipo nguva dzose uye izvi zviite kwechidimbu chemineti imwe.
If available, pack enough hand sanitizer to last for the entire trip.	Shandisa sanitaiza kana iripo uye famba rwendo nesanitaiza inokwanirana nerwendo.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Usabata mhino, muromo kana kumeso nemawoko ako. Usaswera padhuze nevamwe vanhu. Siya mukaha unosvika mamita maviri pakati pako neumwe munhu.
Wear a mask or cloth face covering when in public.	Pfeka masiki kana mucheka unovhara muromo nemhino kana uri paruzhinji.
Cover coughs and sneezes with you elbow, not your hands.	Vhara muromo negokora kana uchikosora kana kuhotsira, kwete kushandisa mawoko.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Usadya chikafu kunzvimbo dzinotengeswa kudya. Zvinokurudzirwa kutora kudya uku wondodyira kumba asi zvakanyanya kukosha kuzvibikira chikafu.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Chekupedzisira, ingopinda parwendo kana zvakakosha kuti udaro. Kudzikisa kushanya kunochengetedza iwe nemhuri yako, nharaunda yaunogara uye nenharaunda dzakavakidzana.