



COVID-19 info for Indigenous Children & Youth

English	Tangkhul
What does COVID-19 mean for our community?	COVID-19 hi ahupvana kathada theira?
Coronavirus (or COVID-19) is a new, tiny virus	Corona kazat āga (COVID-19) hi teolak kahai kathara āgana
It travels on small drops of water	Kazat hi teolak kahai khaksuiwui tarapānao akha eina ngayawa
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 kazat hi marlak eina kazāpai, khamakha kala kakharur eina ngasoda
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Ithumwui phasāna corona āga hili ngarar kashap lei, kha kachi kathāva doctor kala ariwui khangachon darkar sai
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Corona kazat āga hi khamakhā kala hākathi eina ngayawa. Kala kazat phungda khalei mina pokza kahai otbing chilila ngathumpai
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Corona kazat āga mangayao khavai phāmeikap kachiva lam akha hi lāchada kazat hina
What does COVID-19 mean for Indigenous Nations?	Ripan Miyurbingna COVID-19 hili kathada theikhui?
Many Indigenous nations are very worried about coronavirus.	Ripan Miyur kachungkhana Corona kazat āga hiwui vang wuk khananglaka
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.	Maramva khararnaobingli kazat hi manpaimei kala kalāshipaimei. Ithumwui khararnao kala ngashan ngak khavai corona āga hi shiman ngasakphalungra
What can we do to help?	Ithumna saran khi lei kala kathada ngachonshi?
Keep your hands clean. Use soap and clean water if they are available.	Pang tharda haira. Sapon kala tara kathar shichinra samkaphnag eina tangda
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Khamakhā kala hākathi tharan kafalu. Pangshaksha maning akha kachon katha eina sakhamlu kashap eina tangda
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Kashak kaza, tara khamang kala chalak eina kapi hina phasā phāngasak.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Ākha eina ākha lāchada pam khangarok, yarui kazip kala shimkhur, khongnai samkaphangli. Khararnaona hangkachithei khuisanglu
Our community has lived for over 1000 years! We are going to be okay.	Ithum yarui āshangva hi zingcum thingthing okthuirea kahaina! Ithumna yuikhuira.