



Travel to Cities and Populated Areas During COVID-19

English	Tangkhul
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Yaruiwuiwang Coronakazat āga ngayaoa khalei (Covid-19) maramli kachishatna
What are the risks of traveling?	Atam hitharan kharam kazat wui kalashikapai khikhala?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Corona kazat āga ngayao kahai apamli khava tharan Nala āga chi shongza kazatli mankhuipei
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.	Shimkhurli khararnao khaleibing kharam kazat hi ngasharmeiki kachina, maramva khararnao bing hili COVID-19 kazāhaiakha kalāshimeiya
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Kala corona kagazā āshangvāli okthuirumlaga kharam zatakha nana mi kateili kazāngasak haipaiya.
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.	Maram hibing wui vang eina na kazā akha kharam mazatlu, lah COVID -19 kagazā mili haptā khani shakha ngayurpamhaisā akha kharam mazatalu
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Kharam kazat hi kalashipai serra. Chi wui vang kashap eina tangda shimli ichicha ramli pamkikachina
If I am traveling, how can I stay safe?	Nana kharam zatung zatvā akha ningli tāphut eina kathada okthuiura?
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.	Masākapai leihaoda kharam vāphalungki kachi thārān nana saki kaji chiya sapon eina pang mazik kazaklu, hand sanitizer shichinlu
If available, pack enough hand sanitizer to last for the entire trip.	Pang thar khavai ari hi (sanitizer) shongza peidawui vang phunglu
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Nātang, khamor kala maili masaza khavai salu, kala kashap eina tangda lamkha (6 feet) mili lāchada zatlu
Wear a mask or cloth face covering when in public.	Morrom romlu, maning akha kachon eina farorlaga zatlu yarui kazipli
Cover coughs and sneezes with you elbow, not your hands.	Hākathi lah khamakhā tharan pang shaksha eina kafalaga makhālu
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Sapai akha yaruina zā khavaipamli (restaurant) mazālu, kha lokhuilaga ungzālu, maning akha ichichana hangzālu
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Naomeikapda, masakapai kakhanang kakaza wui vang maning akha kharam mazatlu. Kharam makhavāna nawui shimkhur, khongnainao kala āshangvā vāng phameikapa