



Travel to Cities and Populated Areas During COVID-19

English	Tok Pisin
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Dispela em public toksave ikam long dispela nupela na bikpela sik, korona virus o Covid-19.
What are the risks of traveling?	Wanem sampela tok was yumi ken kisim long taim bilong lusim ples igo longweh?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Sapos yu go long nupela ples weh Korona virus istap pinis na kalap raun long ol manmeri, igat sans yu tu bai kisim sik.
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.	Igat bikpela sans long yu kisim Korona virus sapos yu stap o raun wantaim ol lapun o mama papa bilong wanem, ol igat bikpela moa sans long kisim dispela sik.
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Na tu, sapos yu stap insait long komuniti weh Korona virus i kamap pinis, yu ken givim sik long narapela lain taim yu raun.
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.	Long dispela as, yu mas noken lusim ples na raun igo long nupela ples taim yu sik, o sapos yu i bin stap klostu wantaim wanpela igat COVID-19 insait long tupela wik.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Raun raun long wanpela ples igo long narapela bai mekim isi long kisim sik olsem na i moa gutpela long yu mas stap long hauslain bilong yu yet.
If I am traveling, how can I stay safe?	Sapos mi laik raun lusim ples na go long narapela hap, wanem sampela rot long mi ken lukautim mi yet?
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.	I gutpela moa olsem yu mas wasim han bilong yu wantaim sop na wara inapim tupela ten seken o usim marasin bilong wasim han o hand sanitizer.
If available, pack enough hand sanitizer to last for the entire trip.	Sapos yu inap long baim marasin bilong wasim han o hand sanitizer long stua, yu mas karim wantaim yu taim yu raun.
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Noken holim nus, maus na pes bilong yu. Noken stap klostu long ol wantok na olgeta taim sanap longweh osem tupela mita.
Wear a mask or cloth face covering when in public.	Werim mask or laplap long haitim nus na maus bilong yu taim yu stap long public ples.
Cover coughs and sneezes with you elbow, not your hands.	Taim yuk us, karamapim maus bilong yu wantaim elbo na ino long tupela hand bilong yu.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Noken sidaun na kaikai long ol haus kai. Tasol yu ken baim na karim igo long haus o kukim kaikai bilong yu yet.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Na laspela samting, noken raun nating nating sapos nogat wok. Taim yu stap isi long ples blo yu yet, yu ken lukautim yu yet, famili, komuniti na olgeta wantok bilong yu.