



COVID-19 info for Indigenous Children & Youth

English	Kokborok (Tripura)
This is a public service announcement about the coronavirus or COVID-19 disease outbreak.	Imo kaisa koronabairas eba COVID-19 hamyano lagoi sorkar seba ronai kok sakhlaima.
What does COVID-19 mean for our community?	Chini hodao koronabairas eba COVID-19 tamano hin?
Coronavirus (or COVID-19) is a new, tiny virus	Koronabairas (eba COVID-19) ongkha kaisa katal nungjakya bairas.
It travels on small drops of water	Imo khuktwi kobonoi thango.
COVID-19 can make people very sick, usually with a cough and fever	COVID-19 kusu kulumbai borokno hamya bari khaioi romano.
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Chini basakni thwi-han koronabairasno themano, mator hamya nainaibai phunukjagoi borok bithi chani nango.
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Koronabairas kusu akhai haichuknaibai sololaio. Imo chini romnai mandwi daiobo huijagoi tongmano.
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Koronabairas saljaoi thanai theni jottoni naioi gam samung ongkha borokrok kaisa bai kaisa 6 phit kachalo tongoi bachathai.
What does COVID-19 mean for Indigenous Nations?	Adibasi borok dophani daio COVID-19 tama?
Many Indigenous nations are very worried about coronavirus.	Adibasi borok dopharok koronabairas lagoi rak wanama daio kalaijak
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.	Omor kabang okrarok bairasbai phakjakni kirima bangthani, okrarok rak kirima daio tongo.
What can we do to help?	Chubalaini bagoi chwnng tama khaimanai?
Keep your hands clean. Use soap and clean water if they are available.	Nini yak saph-sutra larwkdi. Mankhai saban bai twi gam lagoi yak sudi
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Kusuphuni akhai haichukphuni yak phaikroboi oro kusudi akhai haichukdi. Tisu mankhai tisubai thuklupdi
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Nini sakmang gam larwkni bagoi chamung gam chajaknai, kabang twi nungjaknai akhai kabang thujaknai.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Onlano eba kachalo tongoi nokni borokbai tangma-chamani kokpanda saoi jora holjaknai. Okrarokni nangnai kokno khanajaknai.
Our community has lived for over 1000 years! We are going to be okay.	Chini dophani bisi 1000 ni naioibo kabang jora thahngoi tongo! Chwnng gamkwrwnng tongmanai.