



## COVID-19 info for Indigenous Children & Youth

English	Tumbuka
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Ichi ndi chidziwitso Cha dziko lonse pa nkhani yokhudza muliri wa Corona virus
What does COVID-19 mean for our community?	Kodi matenda oti covid-19 akutathaunza chiyan?
Coronavirus (or COVID-19) is a new, tiny virus	Corona virus ndimatenda atsopano omwe amadza kamba katizilombo
It travels on small drops of water	Imafala kudzela mutimadotho tamadzi pomwe munthu wa etchemula
COVID-19 can make people very sick, usually with a cough and fever	Matenda a Corona virus akhoza kupangitsa kuti munthu adwale kwambiri ndipo munthu amakhosomola komanso thupi limatetha
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Asilikali achitetezo athupi mwathu amalimbana ndi thendayi komabe mpofunika kukaonana ndi adokotala
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Corona virus imafala pokhosomola ndipo fethela komanso itha kufala kudzela pa ziwiya zomwe timagwilitsa ntchito
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Njira yabwino yopewela kufala kwa ka chilombo ka Corona virus ndi kuima motalikilana
What does COVID-19 mean for Indigenous Nations?	Kufala kwa covid-19 kukutathauza chiyan ku maiko?
Many Indigenous nations are very worried about coronavirus.	Maiko ambiri anthu akudandaula kamba ka muliri wa Corona virus
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.	Anthu omwe ndi achikulire akudandaula kamba kakufala kwa thendayi kamba koti ndiomwe ali pa chiopsyezo. Ndikofunika kuti tigonjetse nthendayi kuti titeteze chikhalidwe chatu komanso amtsogoleri athu.
What can we do to help?	Tingachite chani kuti tithandize?
Keep your hands clean. Use soap and clean water if they are available.	Sambani m'manja ndi soap komanso madzi a ukhondo
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Vindikilani kukamwa pomwe mukuyetchemula ndi chigongo or later msalu
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Idyani zokudya zopatsa nthazi, imwani madzi aukhondo ndikugona mokwanila kuti mukhale ndi nthupi la nthazi.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Khalani patali nthawi zonse pomwe muli pa zisangalalo komanso minyambo yosiyanasiyana ndipo mvelani zomwe amtsogoleri akunena kuti tipewe nthendayi
Our community has lived for over 1000 years! We are going to be okay.	Dziko lathu lakhala kwa zaka zopitilira 1000 ndipo zonse zikhala bwino.