**Khwe Translation: Namibia**

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| 1. **What is coronavirus?**
 |
| **Xaxo hè ndeuxuhè korona djoangahè?** |
| Coronavirus causes an illness called COVID-19 that can affect your lungs and breathing. |
| Korona djoangci o ǀu ǀ'oan kovid 19 ta ǂi te hè nu xa djoanga hè te u tc'eruhè è djexokago nu coama'ohè è ǂaukukago. |
| Many countries in the world have a lot of people sick with COVID-19. In those places, many people are in hospital or have died from COVID-19. |
| Nǂga'o na nǂga'odjiki thiya khwena cipateradji oka ǁoè nu thiya khwena â djoangacika ǁ'oate. |
| We can stop the spread of coronavirus in Namibia. |
| Hîî tiyo â djoangaci u ǂx'aaka hè è te koro'ei Namibiaki. |
| You can help. |
| Tca ǁxaowago. |

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| 1. **Is coronavirus dangerous?**
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| **Xaxo h****è xa korona hè khweya ǀ' û djoanga re?** |
| For many people, getting coronavirus will feel like normal flu and they will get better. |
| Thiya khwena ǁamago xana com djoanga tcaate ta. |
| For some people, especially old people and people who are already sick, getting coronavirus is very dangerous and will make them very sick and they will need to go to hospital. |
| Nǀi taakhoroxoahîna taxunu nu kx'eiyaxa tcaraxoahîî kwena ki nǀi djoangaci u woo o hè kyeriawago â koana âna cipateraci o ka kû. |
| People who are sick with coronavirus must stay away from others until they are well, so that they do not make other people sick. |
| Nǀi djoangahè è â tca woo nu tca tcxuicena ǂ'oara xoako te ǀuiyaxa ǀu khwena â. |

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| 1. **What are the symptoms of coronavirus?**
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| **Xa djoanga hè nǀi ta ii?** |
| A high temperature – you feel hot to touch on your chest or back, or have a fever. |
| ǀx'e kx'am o tcutcu mâ- tca tcutcu mâ â ǁamago tca o ǁ'ève ma nu nǂ'oromki ta. |
| A continuous cough –coughing a lot, for more than an hour, or several times in one day. The cough is normally dry, without sputum. |
| O khuri O dim leu ǁguma tca ǁeuyago. |
| Being short of breath. |
| Coamam um ǂaukuma. |
| Feeling very tired. |
| Kyehe ǀam tca ǀx'erena nǂîîma â ǁamago. |

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| 1. **How is coronavirus spread?**
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| **Nata xa djoangahe ǂx'aaku ǁo**  **re?** |
| Coronavirus is easier to catch than TB, and makes you sick more quickly. |
| Korona djoangaci u mââkuma ǀx'an koecen nli ǀeu ǁguci khoa we nu khom â koecenaxa tcaakaǁoe. |
| People who have coronavirus can spread it in drops of spit, usually by coughing, sneezing, and talking close to other people.  |
| Xa djoanga hè è mââkuǁo kx'amcèrèmki â ma ǀam ǁum khoma ǁui ov cîînyate lam tako ǀu khwena cè ta ǀuwa ǁaikoate ǀam. |
| They can spread the virus even when they do not appear to be sick. |
| Hice â djôangahè è xam â xowita vee tamaxa tca â tcaoka. |
| It gets into your body through your eyes, nose or mouth. |
| Nu xa djoangahè ǂââǁo khom um ǂuimki nu kx'amki taxunu ciya ǁo ǀx'e kx'amki. |

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| 1. **Coronavirus can also be spread through things: doors, tables, cups, mobile phones, and even paper.**
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| **Nǀi djoangahè eiya ǁo: kyehexomki mboro ǁ'ekx'am u xo omki tavelemki, kopimki, celvoenki nu mpapiramki ta â nǀi djoangahè woo khwe â âxodji â xo ta nu.** |
| If someone coughs or sneezes on their hand or picks their nose, and then touches something, the coronavirus can stick to that thing.  |
| ǀUm khoma ǁ'ui venu cîî xam um ceumki taxoako xam um ǂuima â xo taxôako xavanaxa ǀuxu hè è xo nu â djoangahè âxocikê eiyago. |
| If you touch one of these things and then you touch your eyes, nose, or mouth, you can get sick. |
| Taxuyo tca nǀi xodji â ci xo taxoako tca um ǂuima nu kx'am ma ta xoate nu nǁanu tcaki â djoangahè tweyago. |
| Do not share cups, bowls, and utensils with other people unless they are clean. Wash things before you use them. |
| ǀUiyaxa djaoka tca u kopima nu ǂeuma ta ǁx'aa ǀoakaraxuna djaoka tca u xodji â. |

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| 1. Washing your hands often with soap and water is a good way to avoid coronavirus.
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| **Te di ceu** **â te ǁx'aa morora nu caaka ta** **â tceka koana â nǀi djoangacidi ǁeucenka di â.** |
| Wash your hands for a longer time than normal, for at least 20 seconds.  |
| Te di ceu â te ǁx'aa 20 secondeci â kyaokara. |
| Make sure you wash the back of your hands, your thumbs, and between your fingers. |
| Te di ceuwadi nǂgoro â ne ceu â ta te tcekakara te ǁx'aa. |

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| 1. **Avoid touching your eyes, nose, or mouth!**
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| **Hîî tiyo te xoxo tii te di ǂx'ei â nu ǂui â nu kx'am â ta!** |
| These are the places where coronavirus can get into your body. |
| Koanahè â djoangahè nǀi nǂga'odjiki ǂââǁo. |

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| 1. **Cover your mouth and nose with your elbow (not your hands) when you cough or sneeze to keep others safe.**
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| **ǁOavana ei tca di ǂui â nu kx'am â ta nǁoaka ǁoxoro ei** **â ma ǀam tca ǁui venu â tca cîîyate nu tako ǁeuwa****'ei** **ǀuna â.** |
| Coronavirus can spread to others from your hands or from your spit. |
| Korona djoangahè ǀumkhom â tca mââ go â tcao mbamba ku ceuka tako tca â kx'ui tiyo tca kx'amcèrèhè ǀx'uiyate nu. |
| Wash your hands with soap and running water afterwards. |
| Te di ceu â te ǁx'aa morora caaka ka. |

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| 1. **It is safer to stay away from busy, public places like bars and shops.**
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| Tcxuicena te thiya khwena ǁx'aiyte nǂga'odjiki caca kx’a odjiki nu citora nǂga'odji ta. |
| We need to behave differently while coronavirus is a problem so that we stay safe. |
| Te tcekakara ǁeucen nǀi korona djoangaci u ǀamciki nǁanu te ǀoaxa tee go. |
| Do not share drinks or smoke the same cigarette or pipe**.** Drinking alcohol and smoking can make your body less strong, so you might get more sick. |
| Kx’a bere ku tii tako makhe â ǁheiyabereku tii . Caca di kx’a ânâ nu makhe di ǁhei â ta tcadi ǀx’e kx’am â oǂ’îî kagoe nu tca leuca tcaago. |
| Wash your hands after you touch things from outside the home. |
| Te di ceu â te ǁx'aa â te ǂhaa oka ǂ'oara ko ci djaro te ko ǁ'aiyaki yaa te nu. |

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| 1. **Stay 2 metres (4 steps) away from other people.**
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| **Tcxuicena tee tca o ǀu khwena â ǀam mitere na.** |
| People are calling this 'social distancing'. |
| ǀÈ tii te tcxuicenkoa tee ta. |
| Stay away from big groups of people. |
| Tcxuicenaxoako tee thiya khwena ǁx'aiyate nǂga'odji â. |
| Stay at home or in your village and do not travel to towns unless it is anemergency. |
| Tee ǁ'aiyawaxa comaxa kûû ti ǂx'oara doropa â. |

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| 1. **Avoid shaking hands with people.**
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| **Ceuwaka mbambaku tii nǀi ǀamciki.** |
| It is better to wave to greet people. |
| Te ceuwa â cui te â  ǀum â mbambaca nu. |
| If people visit your home, you can ask them to wash their hands, and to keep the same rules as you for coronavirus. |
| Â ǀuna tca u ǁ'aihè è darate nu âma xam um ceuhè è ǁx'aaxoako ǂ'aa tca u ǁ'aihè è. |

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| 1. **What must I do if I feel sick?**
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| **Nata te hîî re â te ǁam te tcaraxoata ta nu?** |
| Get plenty of rest. Stay hydrated with fluids such as water, tea, coffee, or juice.  |
| Cââka tca u ǀx'ekx'amhè nu ǀeuca kx'a caahè, koviehè nu djuci ta. |
| Tell a clinic or a hospital immediately if you have difficulty breathing or pain in your chest that will not go away. If you have any questions or concerns about coronavirus, call the MOHSS Coronavirus Hotline: 0800 100 100.  |
| Ââka cipatera khwena â â tcadi tcaǀum â ǂaokoaǂ'îî tca ǁamate nu ǂii MOHSS korona djoanga nomore 0800 100 100 ki. |
| People who are sick from coronavirus must stay away from other families and from public places until they are well. Be careful not to make others sick by following the advice of health professionals, the government, or this guide. |
| Nǀi djoanga hè è woo khwena ǂ'oaraxoako tcxuicena tee ǀu khwena â nu thiya khwena ǁx'aiyate nǂga'odji â. Hurumente na nu tco khwena ta te â nǀa te khoanaxa te ǁeucen tako ǀuna â tcaka vee. |

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| 1. **What are the impacts of coronavirus?**
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| **Ndeu** **djexoxodji â xa djoangahè hîyate re?** |
| Many countries have closed their borders, and some industries, like tourism, have collapsed. This is affecting the economy and the availability of work and money. |
| Thiya ng'ûdji kyâôwaxoahî ǀ'u khwena ǀ'u ng'ûdji oka ǂx'oarako dara vee ta nu ǀu cere woka koanadji â cèko ǁx'aî karaxoatîî. |
| While the lockdown rules still apply, only people with jobs that are essential to people’s lives can work, such as health workers, police, and workers in food shops. |
| Nǀi kyâôwa eiko ciki khwenadi kx'ûîya â ǁx'ao djaodji xadji ǁxoerecenago, khwe tco khwena,policana nu citoradji ta, |

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| 1. **We must make plans to stand for ourselves.**
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| **Te koana â gyao tee** **ǁx'aiyako djaro ǁx'ai ka di â.** |
| Work with your community to find local solutions to problems that arise wherever you can. |
| Hîî te djaroǁx'ai to u ǁ'ana ǁx'aiciki tako mû nata te ǁxao kwagore ta. |
| Let us all help each other to get through these problems together. |
| Hîtiyo te ǁx'aoku tiyo nǀi mborongahè ngyexu. |

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| 1. **While coronavirus is around, we need to change the way we do some things, so that we all stay safe.**
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| **Nǀi djoangaci u ǀamciki te mûâko te u** **kx'ûîka koanadji a ngyevi tiyo te u yoocikaxa te** **kx'ûîka tcekakara tee nǀi ng'ûciki.** |
| There are many people in Namibia and across the world working hard to help protect us. |
| Namibiaki nu ǀ'u ng'ûdjika ta thiya khwena ǀeuca djaowa te â ǁx'ao ca nǀi djoanga he te woo vee tâ.  |
| Help those who are vulnerable if you can. Let us protect each other. |
| Â tca ââ ǁeuku â woyâ khwena â ǁx'ao h îî te ǁeukoako tee. |

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| 1. **For answers to your questions and information about coronavirus / COVID-19, or if you or someone in your family is showing symptoms of coronavirus, please call:**
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| **Tîî nǀi nommerhè â tca kx'uitcao â gyaowate nu korona djoangaci di â venu tca ââ khoma wooate nǀi djoangaci o ǁeuka xodji â nu:** |
| The Ministry of Health and Social Services Coronavirus Hotline: 0800 100 100. |
| Tco khwena nu khwe ǁx'ao khwena o korona nomoro hè 0800 100 100. |
| All calls from this number are free. |
| Nu nǀi nommerhè tca â ǁxawago o cere na. |

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| 1. **Developed in partnership with Megan Laws, Samuel Marks, Ben Begbie-Clench, Salesi Jack, Kerry Jones from African Tongue and the Kalahari Peoples Fund.**
 |
| Djaro ǁ'aa hè Megan Laws, Samuel Marks, Ben Begbie-Clench, Salesi Jack, Kerry Jones ta ǂ'âorako African Tongue nu Kalahari ǁx'ao ǀx'e kx'am hè ta |