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| 1. **Ondwi yo Corona otjikwaye?** |
| **What is Coronavirus?** |
| Ondwi yo Corona iyeta omutjise mbuisanewa kutja COVID-19 mbu mauyenene okutuna komapunga woye nokusuvana |
| Coronavirus causes an illness called COVID-19 that can affect your lungs and breathing |
| Omahi omengi mouye yena ovandu ovengi mbavera omutjise wo Corona, COVID-19. |
| Many countries in the world have a lot of people sick with COVID-19. |
| Momahi ngo, ovandu ovengi veri monamiti poo vata iyo COVID-19. |
| In those places, many people are in hospital or have died from COVID-19. |
| Ete matuyenene okutjurura omahandjaukiro wondwi yo corona mo Namibia. |
| We can stop the spread of coronavirus in Namibia. |
| Ove moyenene okuvatera. |
| You can help. |

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| 1. **Ondwi yo corona onaumba?** |
| **Is coronavirus dangerous?** |
| Kovandu ovengi, okumuna ondwi yo corona verimuna tjimuna otjindjumba tja aruhe, nu owo mavekara nawa. |
| For many people, getting coronavirus will feel like normal flu and they will get better. |
| Ovandu tjiva kavena okurimuna okuvera tjinene. |
| Some people will not feel very sick. |
| Kovandu varwe, tjinene ovakurundu novandu mbavera rukuru, okumuna ondwi yo corona oumba ounene nu maku veverisa tjinene. |
| For other people, especially old people and people who are already sick, getting coronavirus is very dangerous and will make them very sick. |

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| 1. **Omundu ngamwa auhe ngwavere mena rondwi yo corona waso okutjivisa o klinika poo o Ministry yOuveruke nOndunino yOtjiwana.** |
| **Everyone who gets sick from coronavirus must inform the clinic, or the Ministry of Health and Social Services.** |
| Ovandu mbavere tjinene mena rondwi yo corona mavehepa okuyenda konamiti. |
| People who get very sick from coronavirus will need to go to hospital. |
| Ovandu mbena ondwi yo corona vaso okukara kokure novandu varwe ngandu ndi tjivakara nawa, kutja avehaverisa ovandu varwe. |
| People who are sick with coronavirus must stay away from others until they are well, so that they do not make other people sick. |

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| 1. **Ovikanena vyondwi yo Corona oovine?** |
| **What are the symptoms of Coronavirus?** |
| Oupyu wokombanda – ove morimunu oupyu owingi okutuna kotjari tjoye poo etambo, poo una omutjise. |
| A high temperature – you feel hot to touch on your chest or back, or have a fever. |
| Okukorora kukhena okupokera – okukorora ovikando ovingi mokati keyuva. Okukorora kukuri okupera, nokuhena ongororo. |
| A continuous cough – coughing many times during the day. The cough is normally dry, without sputum. |
| Okusuvana oungundi. |
| Being short of breath. |
| Okurimuna okuurwa tjinene. |
| Feeling very tired. |

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| 1. **Ondwi yo Corona ihandjaurwa vi?** |
| **How is Coronavirus spread?** |
| Ondwi yo Corona ombupu okukambura kombanda yo TB, nu maikuverisa tjimanga. |
| Coronavirus is easier to catch than TB, and makes you sick more quickly. |
| Oyo ihita morutu roye okutuurungira momeho woye, euru notjinyo. |
| It gets into your body through your eyes, nose, or mouth. |
| Ovandu mbena ondwi yo corona maveyenene oku ihandjaura momata womate, tjinene okukorora nokutya ozombato. |
| People who have coronavirus can spread it in drops of spit, usually by coughing and sneezing. |
| Ove noondarire moyenene oku imuna komata womate ngunda owo amavehungire. |
| You can even catch it from drops of spit while they are talking. |
| Owo maveyenene okuhandjaura ondwi noondarire ngunda avehina okumunika okuvera. |
| They can spread the virus even when they do not appear to be sick. |

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| 1. **Ondwi yo Corona wina maiyenene okuhandjaurwa okutuurungira movina tjimuna: omivero, ovitiha, omakopi, ozongoze ozoyendjezewa, nawina noondarire ombapira.** |
| **Coronavirus can also be spread through things: doors, tables, cups, mobile phones, and even paper.** |
| Indu omundu tji makororora poo okutya ozombato meke re poo okutuna keuru re, okuzambo atunu kotjina, ondwi yo corona maiynene okukara kotjina iho. |
| If someone coughs or sneezes on their hand or picks their nose, and then touches something, the coronavirus can stick to that thing. |
| Indu ove tji watunu ku tjimwe tjovina imbi nu okuzambo otunu komeho woye, euru po otjinyo, ove moyenene okuvera. |
| If you touch one of these things and then you touch your eyes, nose, or mouth, you can get sick. |
| Amuhanasana omakopi, oviyaha notutuwo kuna ovandu varwe pendje na indu owo tjiveri ovakohoke. Koha ovina ngunda auhiye viungurisa. |
| Do not share cups, bowls, and utensils with other people unless they are clean. Wash things before you use them. |

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| 1. **Okukoha omake aruhe noheva nomeva omwano omusemba wokutjurura okumuna ondwi yo corona.** |
| **Washing your hands often with soap and water is a good way to avoid getting coronavirus.** |
| Okukoha omake woye aruhe noheva nomeva omwano omusemba okutjurura kutja ohamunu ondwi yo corona. |
| Washing your hands often with soap and water is a good way to avoid getting coronavirus. |
| Koha omake woye orure kombanda yomwano mbuukoha aruhe, koure wozo sekonde 20 nao tjizeri ozondititi. |
| Wash your hands for a longer time than normal, for at least 20 seconds. |
| Tjita kutja ukohe omake woye pendje, ominwe vyoye ookatjimunene nopokati kominwe vyoye. |
| Make sure you wash the back of your hands, your thumbs, and between your fingers. |
| Koha omake woye kombunda ya tjiwazu nokutuna kovina mbiri pendje yondjiwo. |
| Wash your hands after you touch things outside of the home. |

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| 1. **Zako kokutuna omeho woye, euru po otjinyo.** |
| **Avoid touching your eyes, nose, or mouth** |
| Ito ootuveze ondwi yo corona mu maiyenene okuhitira morutu roye. |
| These are the places where the coronavirus can get into your body. |

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| 1. **Kutjira otjinyo tjoye neuru noru mbarambandja (ka nomake woye) indu tji mokorora poo tjimotye ozombato okutjita kutja ovandu varwe vekare nawa** |
| **Cover your mouth and nose with your elbow (not your hands) when you cough or sneeze to keep others safe** |
| Ondwi yo Corona maiyenene okuhandjaukira ku varwe okuza komake woye poo okuza komate woye. |
| Coronavirus can spread to others from your hands or from  your spit. |
| Kombunda ya nao koha omake woye noheva nomeva ngu maye randata. |
| Wash your hands with soap and running water afterwards. |

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| 1. **Kara ozometa 2 (ozombaze 4) ohumburuko novandu varwe.** |
| **Stay 2 metres (4 steps) away from other people.** |
| Ovandu veisana omwano mbo otja ‘omatwirepo womikato pokati kovandu’. |
| People are calling this ‘social distancing’. |
| Kara kokure novimbumba vyovandu ovengi. |
| Stay away from big groups of people. |
| Kara ponganda poo momaturiro woye. |
| Stay at home or in your village. |
| Oi kovihuro, pendje na tjeri ohepero kehi youzeu. |
| Do not travel to towns, unless it is an emergency. |

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| 1. **Zako koku yandjasana omake kuna ovandu.** |
| **Avoid shaking hands with people.** |
| Onawa okuyera omake okuminika ovandu. |
| It is better to wave to greet people. |
| Ete matuhepa okuritjinda omwano warwe ngunda ondwi yo corona airi ouzeu kutja ete tukare nawa. |
| We need to behave differently while coronavirus is a problem so that we stay safe. |
| Indu ovandu tjiveya okuryanga poyoye, ove moyenene oku veningira okukoha omake yawo, noku ritizira pomazeva otjingewo ove pu moritizire, kondwi yo corona. |
| If people visit your home, you can ask them to wash their hands, and to keep the same rules as you for coronavirus. |

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| 1. **Onawa okukara kokure notuveze totjiwana, tjimuna ozombaa nozostora, pupeura tjinene.** |
| **It is safer to stay away from busy, public places like bars and shops.** |
| Amuhanasana omanuwa poo okupepa okasarute kemwe poo konyungu imwe. |
| Do not share drinks or smoke the same cigarette or pipe. |
| Okunwa otjikariha poo okupepa omakaya maviyenene oku ngundiparisa orutu roye, okutja ove moyenene okuvera tjinene. |
| Drinking alcohol and smoking can make your body less strong, so you might get more sick. |
| Koha omake woye kombunda ya tjiwazu nokutuna kovina mbiri pendje yondjiwo. |
| Wash your hands after you touch things from outside the home. |

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| 1. **Hitjite vi indu tji merimunu okuvera?** |
| **What must I do if I feel sick?** |
| Tona ongoze ko 0800 100 100, poo tjivisa o klinika. Ove kona okuhepa okukara nomurya womongoze okutona ongoze. |
| Call 0800 100 100, or inform the clinic. You do not need credit to call. |
| Indji onomora ya peke yo Ministry yOuveruke nOndunino yOtjiwana, kovandu mbena ondwi yo corona. |
| This is a special number for the Ministry of Health and Social Services, for people that are sick with coronavirus. |
| Tjivisa o klinika poo onamiti tjimanga indu ove tjiuna ouzeu mokusuvana poo omuhihamo motjari tjoye mbihena okuyanda. |
| Tell a clinic or a hospital immediately if you have difficulty breathing or pain in your chest that will not go away. |

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| 1. **Suva nawa. Ritiza nawa nomanuwa tjimuna, omeva, otee, okosiva poo omuhao.** |
| **Get plenty of rest. Stay hydrated with drinks such as water, tea, coffee, or juice.** |
| Ovandu mbena ondwi yo corona vasere okukara kokure nomatundu yarwe notuveze totjiwana ngandu ndi owo tjivakara nawa. |
| People who are sick from coronavirus must stay away from other families and from public  places until they are well. |
| Kengeza nawa kutja ohatjiti kutja ovandu varwe vevere, nu kongorera ondunge ndji maiyandjewa iyozonongo morupa rouveruke, ohoromende poo etjangwa indi. |
| Be careful not to make others sick by following the advice of health professionals, the government, or this guide. |

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| 1. **Ouzeu mbwaetisiwa iyondwi yo corona ooune?** |
| **What are the impacts of Coronavirus?** |
| Omahi omengi yapata omikoka vyawo omikonde, nu ozongetjefa tjiva, tjimuna orupa rovaryange kazeenene okukaendisa oviungura. Imbo patuna kombwiko nomamunikiro woviungura notjimariva. |
| Many countries have closed their borders, and some industries, like tourism, cannot do business. This is affecting the economy and the availability of work and money. |
| Okutjurura omahandjaukiro wondwi yo corona mo Namibia, mapetuwa omirari peke peke momaunguriro okuisira kouzeu mburi po. Imbo mapeyenene okutwapo omapatero womatoorero wouyenda, okupata ozongetjefa nokuningira ovandu okukara novituwa vyokovinyo nokomauru yawo. |
| To stop the spread of coronavirus in Namibia, different rules will be put in place depending on the risk. These can include banning travel, closing businesses and asking people to wear masks over their nose and mouth. |

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| 1. **Ete matuyenene okutwapo omiano vyo ku rikuramena kwete oveni.** |
| **We must make plans to stand for ourselves.** |
| Ungura kumwe notjiwana tjoye okupaha omazengururiro komauzeu ngamwa apehe pu mamuyenene. |
| Work together with your community to find solutions to problems wherever you can. |
| Atuhe ngatu vaterasane okutuurunga momauzeu inga pamwe. |
| Let us all help each other to get through these problems together. |

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| 1. **Ngunda ondwi yo corona airi po ete matuhepa okurundurura omwano mbu tuungura ovina, kutja ete atuhe tukare nawa.** |
| **While coronavirus is around we need to change the way we do some things, so that we all stay safe.** |
| Muna ovandu ovengi mouye na mo Namibia mbu maveungura nomasa okutuvatera okuritjivera. |
| There are many people in Namibia and the world working hard to help protect us. |
| Vatera imba mbehina okuyenena, indu ove tji moyenene. |
| Help those who are vulnerable, if you can. |
| Ngatu tjeversane. |
| Let us protect each other. |

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| 1. **Komaziriro komapuriro woye nondjivisiro ohunga nondwi yo corona po COVID-19**   **po**  **indu ove poo omundu warwe metundu roye tji maraisa ovikanena vyondwi yo corona arikana tona ongoze:** |
| 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:** |
| Konomora yOtjari yo Ministry yOuveruke nOndunino yOtjiwana |
| The Ministry of Health and Social Services Hotline |
| Omatoneno wongoze konomora ndjo otjari. |
| Calls to this number are free. |