**[Type your language here] Translation**

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| 1. **What is coronavirus?**
 |
| Hatce re o coronavirus? |
| Coronavirus causes an illness called COVID-19 that can affect your lungs and breathing.. |
|  Coronavirus ku ǀ’an ko ǀkaea !’aua ka ǀ’ae ko COVID-19 he kxuia a tcoq’osi kota a nǀhuinsisi. |
| 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. |
| N!ore sa ǂhai ko kxaǀho kxae ju sa ǂhai he ǀkae COVID-19. Ko ǁ’a n!ore sa, ju sa ǂhai gea nǀomtjuasi kana koh !ao ko Covid-19.  |
| We can stop the spread of coronavirus in Namibia. |
| M!a xoana !’ai Coronavirus ǀkaea ko ku ǀ’an u ko Namibia. |
| You can help. |
| A xoana hui. |

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| 1. **Is coronavirus dangerous?**
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| Te coronavirus re o koaqkoaq? |
| For many people, getting coronavirus will feel like normal flu and they will get better. |
| Te ju sa ǂhai, coronavirus ku sin ta’ma ǁxoasi ǁ’a ǀkoan te si ce ka o nǀaba. |
| For some people, especially old people and people who are already sick, getting coronavirus is very dangerous and will make them very sick. |
| Te ju gesin, n!ana ju sa gǂahsi kota ju sa ǁxoasi kaqa ǀkae, coronavirus ku kaice o koaqkoaq te ku kaice ku nǂai ǀkae si. |

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| 1. **Everyone who gets sick from coronavirus must inform the clinic or the Ministry of Health and Social Services.**
 |
| Ju nǀui waqnhe ku ǀkae coronavirus ku ǂ’aun nǂai !’han nasaqri, kana Ministera o Health kota Social Services ma. |
| Call 0800 100 100. You do not need credit to call. This is a special number at the Ministry of Health and Social Services for people that are sick with coronavirus.  |
| !Au 0800 100 1000. A ǀoa xoana sin !au si xabe se ka a koara mari.Te Ministera o Nǀom ma xabe ce kxae !hui nommara ko ka a ǀkae ko coronavirus. |
| People who are sick with coronavirus must stay away from others until they are well, so that they do not make other people sick. |
| Ju sa ku ǀkae coronavirus ku ǂ’aun ge ǂxaan si gesin ka sin ua ǁ’ae hin to’a ha sin u jan,ka kahin si nǁah ǀ’an ju gesin ko ǀkae.  |
| People who get very sick with coro.navirus will need to go hospital. |
| Ju sa ku ǀkae coronavirus ku ǂ’aun ge ǂxaan si gesin ka  sin ua ǁ’ae hin to’a ha sin u jan. |

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| 1. **What are the symptoms of coronavirus?**
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| Coronavirus !kui-n!ang re naun khuian? |
| A high temperature – you feel hot to touch on your chest or back, or have a fever. |
| A khuia n!a’an- ka nǁa tca a te tsa’a khui ko ka a gu a g!o’a kana !’o,kana a nǀo n!ang khui |
| A continuous cough –coughing a lot, for more than an hour, or several times in one day. The cough is normally dry, without sputum. |
| Tci ze, ciniha sin g!o’o- ka nǁa ko kaice g!o’o ko xabe tse iri nǀe’e, kana ǁ’ae sa ǂhai ko ǀam n!ang. Te ǀkoan g!o’o ka ǀ’ae sin !kau, te ǀu ge ǀxoa tzigaq’ana. |
| Being short of breath. |
| Ku sin nǀhuin tca !oma. |
| Feeling very tired. |
| Kxae ta’m sa o ǁ’huin gasi. |

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| 1. **How is coronavirus spread?**
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| Coronavirus re ku naun ǀ’an u ha ǀ’ae? |
| Coronavirus is easier to catch than TB, and makes you sick more quickly. |
| Coronavirus n!obe soahn taahn TB ko ka ha gu ju, te cete n!o’oa ju nǂai ǀkae. |
| People who have coronavirus can spread it in drops of spit, usually by coughing, sneezing, and talking close to other people.  |
| Ju sa kxae coronavirus ku ǀ’an ko tzigaq’ana, te ǁxoasi ka o g!o’o, nǂhaih, kota kokxui ka to’ma ju gesin. |
| They can spread the virus even when they do not appear to be sick. |
| Si ku ǀ’an u ǀkae xabese ka si koara ka !kuia-n!ang. |
| It gets into your body through your eyes, nose or mouth. |
| Ka ku g!a’ama a ama-n!ang ko ǁama a gǀa’asi, a tzun kana a tzi. |

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| 1. **Coronavirus can also be spread through things: doors, tables, cups, mobile phones, and even paper.**
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| Coronavirus xabe ǀ’an ha ǀ’ae ko ǁama tcisi: tjutzi, tafera,kopi, !huisi, kota xabese ǂxanu. |
| If someone coughs or sneezes on their hand or picks their nose, and then touches something, the coronavirus can stick to that thing.  |
| Ka ju nǀui g!o’o kana nǂhaih ko ha g!ausi he gu tci nǀui, okaa Coronavirus ǀkae ǁua tciin to’a ha gu. |
| If you touch one of these things and then you touch your eyes, nose, or mouth, you can get sick. |
| Ka a gu tci he Coronavirus ǀkaea gea, ka gea a g!au, te ka a gu a gǀa’asi, tzun kana a tzi okaa ǀkae g!a’ama a. |
| Do not share cups, bowls, and utensils with other people unless they are clean.  |
| Nǁah ǀ’an khoe ko kopisi, nǀuusi,kota tansi ko ka ka qaq’u nǀe’esi. |

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| 1. Washing your hands often with soap and water is a good way to avoid coronavirus.
 |
| ǁKa ǀxoa a g!ausi ko gǂoah sa ǁxoasi hin he kota g!u o tci jan he !’ai coronavirus. |
| Wash your hands for a longer time than normal, for at least 20 seconds.  |
| ǁKa a g!ausi ko ǁ’ae ma gǂa’in ko tca ǁxoasi, ko xabe 20 seconds. |
| Make sure you wash the back of your hands, your thumbs, and between your fingers. |
| ǁAu ǁka a g!au !’osi, a g!au g!uih kota g!au!aq’ami ǁ’amiasi. |

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| 1. **Avoid touching your eyes, nose, or mouth!**
 |
| Nǁah gu a gǀa’asi, tzun,kana a tzi ! |
| These are the places where coronavirus can get into your body. |
| Te ka o khoe sa Coronavirus xoana g!a’ama a ama-n!ang. |

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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.**
 |
| !’O a tzi kota a tzun ko !xai kana a !huru ǁ’ami n!ang ( ǀoa o a g!ausi ) ko ǁ’aea a g!o’o kana nǂhaih. |
| Coronavirus can spread to others from your hands or from your spit. |
| Coronavirus ku ǀ’an u ha ǀ’ae ko ju gesin ko ǁama a g!ausi kana a tzigaq’ansi |
| Wash your hands with soap and running water afterwards. |
| ǁKa ǀxoa a g!ausi ko gǂoah kota sin ǁka g!utzi ko koah! |

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| 1. **It is safer to stay away from busy, public places like bars and shops.**
 |
| Ka o tci jan ko ge ǂxaan khoe sa ju dua tcisi, khoe sa caoa he n!ana tchitjua kota stora. |
| We need to behave differently while coronavirus is a problem so that we stay safe. |
| M!a ǂ’aun taa ǁau ǁae m ǀ’aesi xabe tse ka Coronavirus o tih m!a ǂ’aun koqe ka ge. |
| 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. |
| Nǁah tchi ǀ’an khoe kana ǁhai ǀ’an khoe ko zeru nǀe’e. !Xari tchi kota coro ǁhai ku ǁhai kharu a ama-n!anga gǀaoha, ka a kaice ku ǀkae. |
| Wash your hands after you touch things from outside the home. |
| ǁKa a g!ausi ko ka a gu tci nǀui ko tzi kana tju-n!ang |

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| 1. **Stay 2 metres (4 steps) away from other people.**
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| Ge ko gǁaqe 2 ( gǁaqe 4) ǂxaan ko ju gesin. |
| People are calling this 'social distancing'. |
| Ju ku !’aua ka ko ‘ge ǂxaan khoe’. |
| Stay away from big groups of people. |
| Nǁah ge ǀxoa ju sa ǂhai.  |
| Stay at home or in your village and do not travel to towns unless it is anemergency. |
| Gea !aoh kana a farama te nǁah !au ua nǁhoo dorpasi te ka ka o tci gǀaoha kahin. |

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| 1. **Avoid shaking hands with people.**
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| Nǁah nǀhuia khoe ko g!ausi. |
| It is better to wave to greet people. |
| Ka o nǀaba ko ǂxuriǂxuri a !om ko tsxam ju. |
| If people visit your home, you can ask them to wash their hands, and to keep the same rules as you for coronavirus. |
| Ka ju gesin ǀ’hoo i farama, a tsitsa’a si ka ko ǀkuri, te ko ǁka i g!ausi, sin ǁxam ǁ’ae sa gǁa ka ǀ’aesi he o Coronavirus masi. |

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| 1. **What must I do if I feel sick?**
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| Hatce re mi du ka mi tsa’a ǀkae ta’msi? |
| Get plenty of rest. Stay hydrated with fluids such as water, tea, coffee, or juice.  |
| Kxae ko can ǂ’auan. Tchi tci sa dci he koe g!u, ti,koce, kana tci g!ua sa taq’in. |
| 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.  |
| Nǂai !’han ko nasaqri kana nǀomtjua ko ka a kxae nǀhuin tama, kana khui ko a g!o’a-n!ang he ka ǀoa kare toan. Ko ǁoaq ce ko a tsitsa'asi kota nǂoahn ǁama coronavirus/Covid-19, kana ka a kana ju nlui he o a jua kxae ǃkui-nǃang sa o coronavirus, ǀxom nǀang ǃ'au Ministera o Health kota Social Services Coronavirus Hotline: 0800 100 100. |
| 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. |
| Ju sa ku ǀkae coronavirus ku ǂ’aun ge ǂxaan si gesin kota khoe sa caoa ka sin ge ǁ’ae ha u sin jan. Ko ǁau ka !’uin ko nǁah nǂai \kae ju gesin sa n!ana ǂ’ang ǀ’an kxao sa o ǀxoa n!aroh g!a’in !ae!ae, kota xoromente, kana !oaǂ’ansara kxaosi. |

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| 1. **What are the impacts of coronavirus?**
 |
| Hatce re o oosi-n!anga o Coronavirus? |
| 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. |
| N!ore sa ǂhai ka !’o n!ore!xaisisi kana khoe gesin sa n!ana ǀ’hookxaosi xabe. Ka kxuia mari tci ooasi kota ko tosi sa o ǁkoasi gasi kota mari |
| 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. |
| Ko ka lockdown ǁ’aesi ciniha ku ua gǀa’a-n!ang, te ka sin o ju sa ku ǁkoa ǁkoa !ae!ae o ǀxoa masi, n!ana nǀom ǁkoa kxaosi, ǀ’abe-n!ahmsi, kota ǁkoa kxao sa ǁkoa ‘msi storasi. |

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| 1. **We must make plans to stand for ourselves.**
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| M!a tchoatchoa nǀang du ǂ’ang ko gǁa ǀ’an m!a ǀ’aesi. |
| Work with your community to find local solutions to problems that arise wherever you can. |
| ǁKoa ǀxoa a juasi nǀang ho ǂ’ansarasisi ko tiha ke ko khoe sa a xoana. |
| Let us all help each other to get through these problems together. |
| Kxoe m!a wece huia khoe ko ǁkaeǁkae ko ǁama tiha ke khoea. |

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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.**
 |
| Xabe tse ka Coronavirus ciniha ge, m!a ǂ’aun mani m oosisi, ka koqe ka ge. |
| There are many people in Namibia and across the world working hard to help protect us. |
| Ju sa ǂhai gea Namibia kota N!ore!’osi te ǁkoa tca gǀaoh ko hui ko ku !’uin m. |
| Help those who are vulnerable if you can. Let us protect each other. |
| Hui ko ju sa ǁhai tih ko ka a xoana. Kxoe m!a !’uian khoe. |

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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:**
 |
| Ko ǁoaq ce ko a tsitsa'asi kota nǂoahn ǁama coronavirus/Covid-19, kana ka a kana ju nlui he o a jua kxae ǃkui-nǃang sa o coronavirus, ǀxom nǀang ǃ'au: |
| The Ministry of Health and Social Services Coronavirus Hotline: 0800 100 100. |
| Ko Ministera o Health kota Social Services Coronavirus Hotline: 0800 100 100. |
| All calls from this number are free. |
| ǃ'Au ǀ'an wece sa ke o nomara ke sin xoana. |

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| 1. **Developed in partnership with Megan Laws, Samuel Marks, Ben Begbie-Clench, |Ai!ae Fridrick |Kunta of the Ju|’hoan Transcription Group, N=aisa Irene Ghauz, and the Kalahari Peoples Fund.**
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