**Translation Template – English**

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| **1. What is coronavirus?** |
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| Coronavirus causes an illness called COVID-19 that can affect your lungs and breathing. |
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| Many countries in the world have a lot of people sick with COVID-19.  |
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| In those places, many people are in hospital or have died from COVID-19. |
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| We can stop the spread of coronavirus in Namibia. |
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| You can help. |
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| **2. Is coronavirus dangerous?** |
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| For many people, getting coronavirus will feel like normal flu and they will get better. Some people will not feel very sick. |
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| 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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| **3. Everyone who gets sick from coronavirus must inform the clinic or the Ministry of Health and Social Services.** |
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| People who get very sick with coronavirus will need to go hospital.  |
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| 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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| **4. What are the symptoms of coronavirus?** |
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| A high temperature – you feel hot to touch on your chest or back, or have a fever. |
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| A new, continuous cough – coughing many times during the day. The cough is normally dry, without sputum. |
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| Being short of breath. |
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| Feeling very tired. |
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| **5. How is coronavirus spread?** |
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| Coronavirus is easier to catch than TB, and makes you sick more quickly. |
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| It gets into your body through your eyes, nose or mouth. |
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| People who have coronavirus can spread it in drops of spit, usually by coughing or sneezing. You can even catch it from drops of spit while they are talking.  |
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| They can spread the virus even when they do not appear to be sick. |
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| **6. Coronavirus can also be spread through things: doors, tables, cups, mobile phones, and even paper.** |
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| If someone coughs or sneezes on their hand or picks their nose, and then touches something, coronavirus can stick to that thing.  |
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| If you touch one of these things and then you touch your eyes, nose, or mouth, you can get sick. |
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| Do not share cups, bowls, and utensils with other people unless they are clean. |
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| Wash things before you use them. |
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| **7. Washing your hands often with soap and water is a good way to avoid coronavirus.** |
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| Wash your hands for a longer time than normal, for at least 20 seconds.  |
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| Make sure you wash the back of your hands, your thumbs, and between your fingers. |
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| Wash your hands after you touch things from outside the home. |
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| **8. Do not touch your eyes, nose, or mouth!** |
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| These are the places where coronavirus can get into your body. |
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| **9. Cover your mouth and nose with your elbow (not your hands) when you cough or sneeze to keep others safe.** |
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| Coronavirus can spread to others from your hands or from your spit. |
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| Wash your hands with soap and running water after you cough or sneeze. |
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| **10. Stay 2 metres (4 steps) away from other people.** |
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| People are calling this 'social distancing'. |
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| Stay away from big groups of people. |
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| Stay at home or in your village. |
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| Do not travel to towns unless it is an emergency. |
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| **11. Avoid shaking hands with people.** |
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| It is better to wave to greet people. |
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| We need to behave differently while coronavirus is a problem so that we can stay safe. |
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| 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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| **12. It is safer to stay away from busy, public places like bars and shops.** |
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| Do not share drinks or smoke the same cigarette or pipe**.**  |
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| Drinking alcohol and smoking can make your body less strong, so you might get more sick. |
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| **13. What must I do if I feel sick?** |
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| Call 0800 100 100. You do not need credit to call.  |
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| This is a special number for the Ministry of Health and Social Services for people that are sick with coronavirus. |
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| 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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| **13a. Get plenty of rest.**  |
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| Stay hydrated with fluids such as water, tea, coffee, or juice. |
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| People who are sick from coronavirus must stay away from other families and from public places until they are well. |
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| Be careful not to make others sick by following the advice of health professionals, the government, or this guide. |
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| **15. What are the impacts of coronavirus?** |
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| 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. |
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| While lockdown rules apply, only people with jobs that are essential to people’s lives can work, such as health workers, police, and workers in food shops. |
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| **15. We must make plans to stand for ourselves.** |
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| Work together with your community to find local solutions to problems wherever you can. |
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| Let us all help each other to get through these problems together. |
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| **15b. While coronavirus is around, we need to change the way we do some things, so that we all stay safe.** |
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| There are many people in Namibia, and around the world, working hard to help protect us. |
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| Help those who are vulnerable if you can.  |
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| Let us protect each other. |
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| **18. 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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| The Ministry of Health and Social Services Coronavirus Hotline: 0800 100 100. |
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| Calls to this number are free. |
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| **19. Developed in partnership with Megan Laws, Samuel Marks, Ben Begbie-Clench, Kerry Jones of African Tongue and the Kalahari Peoples Fund.** |
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| Information Booklet |
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| This information has been approved for distribution by the Ministry of Health and Social Services (MHSS). |
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| These materials are licensed under a “Creative Commons Attribution-NonCommercial-ShareAlike license 4.0 International”. |
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| Cut along the dotted line and hang up with a piece of string or wire. |
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