**Afrikaanse Vertaling**

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| 1. **What is coronavirus?**
 |
| Wat is coronavirus?  |
| **Coronavirus causes an illness called COVID-19 that can affect your lungs and breathing.** |
| Coronavirus veroorsaak ‘n siekte wat COVID-19 genoem word. Die siekte kan jou longe en asemhaling affekteer. |
| **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.** |
| Baie mense in verskillende lande in die wêreld het COVID-19. In daardie lande is baie mense in die hospitaal of het reeds gesterf aan die siekte. |
| **We can stop the spread of coronavirus in Namibia.** |
| Ons kan die verspreiding van coronavirus in Namibië beëindig. |
| **You can help.** |
| Jy kan help. |

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| 1. **Is coronavirus dangerous?**
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| Is coronavirus gevaarlik? |
| **For many people, getting coronavirus will feel like normal flu and they will get better.** |
| Vir baie mense sal coronavirus soos ’n gewone griep voel, en hulle sal gesond word. |
| **For some people, especially old people and people who are already sick, getting coronavirus is very dangerous and will make them very sick.** |
| Maar, vir ander mense, veral oumense en mense wat reeds ander siektes het, is coronavirus baie gevaarlik en hulle sal baie ernstig siek word. |

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| 1. **Everyone who gets sick from coronavirus must inform the clinic or the Ministry of Health and Social Services.**
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| Almal wat siek word van coronavirus moet die kliniek of die Ministerie van Gesondheid en Maatskaplike Dienste laat weet. |
| **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.**  |
| Bel 0800 100 100. Hierdie nommer is spesifiek vir mense wat siek is met die coronavirus en dit kan verniet gebel word. |
| **People who are sick with coronavirus must stay away from others until they are well, so that they do not make other people sick.** |
| Mense wat coronavirus het kan ander mense aansteek. Daarom moet hulle wegbly van ander mense totdat hulle weer gesond is. |
| **People who get very sick with coronavirus will need to go hospital.** |
| Mense wat baie siek word van coronavirus, sal hospitaal toe moet gaan. |

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| 1. **What are the symptoms of coronavirus?**
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| Wat is die simptome van coronavirus? |
| **A high temperature – you feel hot to touch on your chest or back, or have a fever.** |
| ’n Koors – jou bors of rug voel warm as jy daaraan raak en jy het koors. |
| **A continuous cough –coughing a lot, for more than an hour, or several times in one day. The cough is normally dry, without sputum.** |
| ’n Aanhoudende droë hoes wat jy nie voorheen gehad het nie – hewige hoesbuie of meer gereelde hoesbuie elke dag. Gewoonlik is die hoes droog, sonder spoeg of slym. |
| **Being short of breath.** |
| Jy is kortasem. |
| **Feeling very tired.** |
| Jy voel baie moeg |

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| 1. **How is coronavirus spread?**
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| Hoe word coronavirus versprei? |
| **Coronavirus is easier to catch than TB, and makes you sick more quickly.** |
| Coronavirus steek makliker aan as TB, en dit maak jou vinniger siek. |
| **People who have coronavirus can spread it in drops of spit, usually by coughing, sneezing, and talking when in close range of other people.**  |
| Mense met coronavirus kan dit deur baie klein druppeltjies spoeg versprei, gewoonlik deur hoes, nies of praat wanneer hulle naby ander mense is. |
| **They can spread the virus even when they do not appear to be sick.** |
| Hulle kan selfs die virus versprei al lyk dit nie of hulle siek is nie. |
| **It gets into your body through your eyes, nose or mouth.** |
| Dit steek aan deur jou oë, neus of mond. |

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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 kan ook versprei word wanneer dit aan dinge soos deure, tafels, bekers, selfone en selfs iets soos papier, vassit. |
| **If someone coughs or sneezes on their hand or picks their nose, and then touches something, the coronavirus can stick to that thing.**  |
| As iemand in hul hand hoes of nies (of in hul neuse krap) en dan aan iets vat, kan van die coronavirus aan daardie ding vassit. |
| **If you touch one of these things and then you touch your eyes, nose, or mouth, you can get sick.** |
| As jy aan enigiets vat waarop die virus is, en dan aan jou oë, neus of mond raak, kan jy aansteek en siek word.  |
| **Do not share cups, bowls, and utensils with other people unless they are clean.**  |
| Moenie bekers, skottels, messe, vurke of lepels met ander mense deel voor dit nie baie goed gewas is nie. |

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| 1. **Washing your hands often with soap and water. This is a good way to avoid coronavirus.**
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| Was kort-kort jou hande met seep en water. Dit is ’n goeie manier om die coronavirus te probeer keer. |
| **Wash your hands for a longer time than normal, for at least 20 seconds.**  |
| Was jou hande vir ten minste 20 sekondes, langer as wat jy dit gewoonlik doen. |
| **Make sure you wash the back of your hands, your thumbs, and between your fingers.** |
| Maak seker dat jy die bokant van jou hande, jou duime en tussen jou vingers ook was. |

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| 1. **Avoid touching your eyes, nose, or mouth!**
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| Moenie aan jou oë, neus of mond raak nie! |
| **These are the places where coronavirus can get into your body.** |
| Hierdie is die plekke waardeur die coronavirusin jou liggaam kom. |

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| 1. **Cover your mouth and nose with your elbow (not your hands) when you cough or sneeze. This is a good way to keep others safe.**
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| Maak jou mond of neus met jou elmboog toe as jy hoes of nies, nie met jou hand nie. Dit is ‘n goeie manier om ander te beskerm. |
| **Coronavirus can spread to others from your hands or from your spit.** |
| Coronavirus kan met jou hande of deur jou spoeg na ander versprei word. |
| **Wash your hands with soap and running water afterwards.** |
| As jy klaar gehoes of genies het, gaan was jou hande goed met seep en lopende water. |

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| 1. **It is safer to stay away from busy, public places like bars and shops.**
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| Dit is veiliger om weg te bly van openbare plekke soos kroeë en winkels waar baie mense is.  |
| **We need to behave differently while coronavirus is a problem so that we stay safe.** |
| Ons het almal nodig om anders op te tree sodat ons veilig kan wees terwyl coronavirus ‘n probleem is. |
| **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.** |
| Moenie drinkgoed, ’n sigaret of ’n pyp deel nie. Om alkohol te drink of twak te rook kan jou liggaam verswak en jy kan sieker word daarvan. |
| **Wash your hands after you touch things from outside the home.** |
| Was jou hande goed nadat jy aan enigiets gevat het wat van ander mense af kom . Dis nou mense wat nie deel is van dié saam met wie jy bly nie. |

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| 1. **Stay 2 metres (4 steps) away from other people.**
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| Bly 2 meter ( of 4 treë) ver van ander mense. |
| **People are calling this 'social distancing'.** |
| Mense noem dit ‘sosiale afstandhouding’ |
| **Stay away from big groups of people.** |
| Bly weg van groot groepe mense. |
| **Stay at home or in your village and do not travel to towns unless it is an****emergency.** |
| Bly in jou gemeenskap en moenie dorp toe gaan as dit nie regtig nodig is nie. |

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| 1. **Avoid shaking hands with people.**
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| As jy mense groet, moet liewers nie bladskud nie. |
| **It is better to wave to greet people.** |
| Dis beter om te waai as jy iemand wil groet. |
| **If people visit your home, you can ask them to wash their hands, and to keep the same rules as you for coronavirus.** |
| As mense vir jou by die huis of in jou gemeenskap kom kuier, kan jy vir hulle mooi vra om ook hul hande te was en by dieselfde reëls as julle te hou om die coronavirus te keer. |

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| 1. **What must I do if I feel sick?**
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| Wat moet ek doen as ek siek voel? |
| **Get plenty of rest. Stay hydrated with fluids such as water, tea, coffee, or juice.**  |
| Rus genoeg. Drink gereeld water, tee, koffie, of vrugtesap.  |
| **Tell a clinic or a hospital immediately if you have difficulty breathing or pain in your chest that will not go away.**  |
| As jy sukkel om asem te kry of as jy ’n pyn op jou bors het wat nie wil weggaan nie, laat weet dadelik jou kliniek of hospitaal.  |
| **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.** |
| Mense wat siek is met coronavirus moet wegbly van ander families en openbare plekke tot hulle weer gesond is. Wees versigtig dat jy nie ander mense aansteek nie. Die beste manier om dit te keer is om te doen wat gesondheidswerkers en die regering sê en om die raad wag hier gegee word, te volg. |

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| 1. **What are the impacts of coronavirus?**
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| Wat is die uitwerking van 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 food.** |
| Baie lande het hul grense gesluit en party industrieë, soos toerisme, het in duie gestort. Dit beïnvloed die geldsake van die land en maak dat werk en kos skaars is. |
| **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.** |
| Terwyl die reëls daar is om die coronavirus te probeer keer, kan net die mense wat noodsaaklike dienste doen, gaan werk. Dit is mense soos gesondheidwerkers, die polisie en mense wat in winkels werk waar kos verkoop word.  |

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| 1. **We must make plans to stand for ourselves.**
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| Ons moet planne maak sodat ons vir onsself kan sorg. |
| **Work with your community to find local solutions to problems that arise wherever you can.** |
| Mense in jou gemeenskap moet, waar hulle kan, saamwerk om probleme te probeer oplos. |
| **Let us all help each other to get through these problems together.** |
| Kom ons help mekaar om saam deur hierdie probleme te kom. |

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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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| Terwyl coronavirus tussen ons is, moet ons dinge anders doen sodat almal veilig kan wees.  |
| **There are many people in Namibia and across the world working hard to help protect us.** |
| Daar is baie mense in Namibië en in die wêreld wat baie hard werk om ons te help beskerm. |
| **Help those who are vulnerable if you can. Let us protect each other.** |
| Help enigiemand wat swaarkry waar en hoe jy kan. Ons moet mekaar help en beskerm. |

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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 The Ministry of Health and Social Services Coronavirus Hotline:**
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| Vir antwoorde op jou vrae en inligting oor coronavirus/Covid-19, of as jy of iemand in jou familie die simptome van coronavirus het, bel asseblief Die Ministerie van Gesondheid en Maatskaplike Dienste se Noodlyn: 0800 100 100 |
| **All calls from this number are free.** |
| Die oproepe is verniet. |

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| 1. **Developed in partnership with Megan Laws, Samuel Marks, Ben Begbie-Clench, [ADD YOUR NAME OR TRANSCRIPTION GROUP NAME], and the Kalahari Peoples Fund.**
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