**Khoekhoegowab Translation**

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| 1. **What is coronavirus?** |
| **Tare-e kha a coronavirus?** |
| Coronavirus causes an illness called COVID-19 that can affect your lungs and breathing. |
| Coronavirus ge COVID-19 ti ǀon hâ ǂhīguhe ra ǁōsa ra ǃaroma virusa. Nē ǁōs ge sōgu tsî ǀomǀgaub tsîna ra tsâǀkhā. |
| 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. |
| ǂGui ǃhūgu ǃnân ge kai ǃgôab khoena nē ǁaeb ǃnâ COVID-19sa ǀaesen hâ. ǁNā ǃhūgu ǃnân ge ǂâuna khoena nē ǁōs xa ǃaromahe hâse ǀaeǁgâugu ǃnâ ge ǃnaoǂgāhe, tsîn ge ǀnîna ǁkhāti ǁîn ûiga ge ǂoaǃnâ. |
| We can stop the spread of coronavirus in Namibia. |
| Coronavirusa Namibiab ǃnâ khoraǂuisensa da ge sada a ǁkhae ǁkhā. |
| You can help. |
| Sats tsîn ge nēs tawa a hui ǁkhā. |

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| 1. **Is coronavirus dangerous?** |
| **Coronavirus/COVID-19sa ǁkhōǁkhōsa-e?** |
| For many people, getting coronavirus will feel like normal flu and they will get better. |
| ǂGui khoen ge COVID-19san ga hō o hoaǃnā-aixa ǁkhaisan ra hō on ra tsâ khama ǀgui nî tsâ, tsîn ge tsēs ǀams ai nî ǂgau. |
| For some people, especially old people and people who are already sick, getting coronavirus is very dangerous and will make them very sick. |
| COVID-19s ge ǀnî khoen ǃaroma kaise a ǁkhōǁkhōsa ǁkhā, ǃgōsase kaira khoen tsî ǀnai a ǀaekūsa khoen tsîna. ǁÎn ge coronavirus xa kaise ǀgaisase a ǀaesen kaihe ǁkhā. |

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| 1. **Everyone who gets sick from coronavirus must inform the clinic or the Ministry of Health and Social Services.** |
| **Khoe-i hîa ga coronavirus xa ǃaromahe hâse a ǀaesen-i hoa-i ge ǁî-i ǀgūse mâ kliniks, tamas ka io Ministris ǂUrusib tsî ǀHûhâsib ǃOabadi disa, māsa ǃgôas ai ǁkhami tsî nî ǂanǂan.** |
| 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. |
| Nē ǃgôas ai ǁkhami re: 0800 100 100. Nē ǃgôasa ǃnâis ge a marioǃnâ. ǁÎsats ge ǁâǁawab aits mari-e ūhâ tama hîas tsîna a ǃnâi ǁkhā. Ministris ǂUrusib tsî ǀHûhâsib ǃOabadi dis ge nē ǀō-aisa ǃgôasa ge ǂnûiǂgā coronavirus xa ga ǀaesen khoena huiba mās ǃaroma. |
| People who are sick with coronavirus must stay away from others until they are well, so that they do not make other people sick. |
| Khoe-i hîa ga coronavirusa a hō-i ge naukhoena xū nî ǀonasen ǂuru i nîs kōse, î i ǁnā ǀgaub ai tā nau khoena ǂhī. |
| People who get very sick with coronavirus will need to go hospital. |
| Coronavirus xa ǃaromahe hâse ga ǀgaisase a ǀaesen khoe-i ge ǀaeǃkhōs di huiba ǀaedīǁgâus tamas ka io kliniks tawa nî ôa. |

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| 1. **What are the symptoms of coronavirus?** |
| **Mâde ǁnāti-ī ǁgauǁgaudi COVID-19s dide?** |
| A high temperature – you feel hot to touch on your chest or back, or have a fever. |
| ǀGaisa ǀgammi – kaises ge sorosa ra ǀgam ǀūs tamas ka io ǁâb aits ga tsâǀkhāo; tamas ka iots ge ǁkhaitsâsiba ra uhâ. |
| A continuous cough –coughing a lot, for more than an hour, or several times in one day. The cough is normally dry, without sputum. |
| Mâ tama ǁuib – kaisets ge ra ǁui, ǁaupexa īri xa ǃnāsa ǁaeb ga xawe, tamas ka io ǂgui ǃnāde ǀgui tsēs ǃnâ. Nē ǁuib ge kai-amse a ǂnâsa, ǃharamâsi-i tsîn ǀkhaise. |
| Being short of breath. |
| ǀOms ǃgomsib – ǀomts ta xawets ge ǂâu hâ kō ǂoa-e hō tama hâ. |
| Feeling very tired. |
| Kaisets ge ǂkhawusase tamas ka io tsausase ra tsâ. |

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| 1. **How is coronavirus spread?** |
| **Coronavirusa mati ra ǂhīguhe?** |
| Coronavirus is easier to catch than TB, and makes you sick more quickly. |
| Coronavirus ge kaise ǃhaese ra ǂhīguhe, ǀHaiǁuib xa, tsî ǁkhāti ǃhaeses tsîna ra ǀaesen kai tsi. |
| People who have coronavirus can spread it in drops of spit, usually by coughing, sneezing, and talking close to other people. |
| Khoen hîa coronavirusa ūhân ge ǂāǂnârodi ǃnâ-ū nē ǁōsa a māǃkharu ǁkhā, kaisen ga ǀgūseba xu nau khoen ǀkha a ǃhoa ǃnūb ai, tamas ka ion ra ǁui tsî tsî ǁaeb ǃnâ. |
| They can spread the virus even when they do not appear to be sick. |
| ǁÎn ge ǀaesen tamasen ga mûsen xawes tsîna nē ǁōsa a ǂhīǃkharu ǁkhā. |
| It gets into your body through your eyes, nose or mouth. |
| Coronavirus ge sa mûdi, ǂguis tsî amǃnâs tsîn ǃnâ u sa soros ǃnâ ra ǂgâ. |

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| 1. **Coronavirus can also be spread through things: doors, tables, cups, mobile phones, and even paper.** |
| **Coronavirus ge xūn ǃnâ-us tsîna a ǂhīǃkharuguhe ǁkhā, aiǁgause, daos, tāb, kopib, selfonni; tsî ǁkhāti ǂkhanin tsîn ǃnâ-u.** |
| If someone coughs or sneezes on their hand or picks their nose, and then touches something, the coronavirus can stick to that thing. |
| Khoe-i ga ǁî-i ǃomra ǃnâ ǁui, tamas ka io tsî, tamas ka io ǁî-i ǂguis ǃnâ xoro toa tsî xū-e a tsâǀkhā os ge coronavirusa ǁnāti ī xū-i ai a ǂaeǂnû ǁkhā. |
| If you touch one of these things and then you touch your eyes, nose, or mouth, you can get sick. |
| Nē xūn ǀgui-e tsâǀkhā tsîts ka sa mûra, ǂguis tamas ka io amsa a tsâǀkhā ots ge a ǀaesen ǁkhā. |
| Do not share cups, bowls, and utensils with other people unless they are clean. |
| Tā nau khoe-i goro sîsenū kopin, ǃōren, tsî ga hâ xapana sîsenū hanan ga ǃanu tama io. |

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| 1. Washing your hands often with soap and water is a good way to avoid coronavirus. |
| Hoaǁae sa ǃomga sē-i tsî ǁgam-i tsîn ǀkhā ǁās ge a ǃgâi ǀgau Coronavirusa ǁkhaesa. |
| Wash your hands for a longer time than normal, for at least 20 seconds. |
| ǂGurots goro ǁās xa gāxūǃnârose sa ǃomga ǁā re, ǀorodomma 20 ǀgâugu ǀgaiba. |
| Make sure you wash the back of your hands, your thumbs, and between your fingers. |
| ǂÂis ǃnâ ūhâ re sa ǃomǃgâgu, kaigaǁgūbera tsî ǁkhāti ǀkhunugu ǁaegub tsîna ǃamkūse ǁāsa. |

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| 1. **Avoid touching your eyes, nose, or mouth!** |
| **Tā sa mûra, ǂguis, tamas ka io amǃnâsa tsâǀkhā reǃ** |
| These are the places where coronavirus can get into your body. |
| ǁNāpa us ge Coronavirusa sa soros ǃnâ ra ǂgâ. |

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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.** |
| **ǃUnis ǃnâ – Sa amǃnâs tsî ǂguis tsîra sa ǃunib ǀkha ǁkhae (sa ǃomgu ǀkhas ose), ǁui tamas ka iots ga tsî ǃnūb ai, îts nētimî sa ǂnamipe hâ khoen tsîna ǁkhauba ǁkhā.** |
| Coronavirus can spread to others from your hands or from your spit. |
| Coronavirus ge sa ǃomgu tamas ka io sa ǂāb ǃnâ-u nau khoena ǃoa a ǃkharu ǁkhā. |
| Wash your hands with soap and running water afterwards. |
| ǁNā-amaga ǁui, tamas ka iots ga tsî toas khaoǃgâ sē-i ǀkha ǁhō mâ ra ǁgam-i ǃnâ sa ǃomga ǁā reǃ |

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| 1. **It is safer to stay away from busy, public places like bars and shops.** |
| **ǂGui khoen ra ǀhao ǃkhain (aiǁgause, āǃkhain tsî ǁamaǃkhain) ǁîna xu ū-oasens ge ra hui.** |
| We need to behave differently while coronavirus is a problem so that we stay safe. |
| Coronavirus nē hâ ǁaeb ǃnâ i ge ra ǂhâbasa sada ǁnaetihesase da ra ûi ǀgauga nî tawa ǃkhaisa. |
| 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. |
| Tā ǀgui xapasa xu ā-augu. Tā ǁkhāti ǀgui sarub tamas ka io ǀgui ǃkhōsa ǂgae-augu. Xûi-ās tsî ǂgaes tsîn ge sa sorosa a ǂkhawu kai ǁkhā, tsîts ge ǀgaisase a ǀaesen ǁkhā. |
| Wash your hands after you touch things from outside the home. |
| Tā ǀuru sa ǃomga ǁāsa, sa oms ǃauga hâ xū-ets ga tsâǀkhā toa ǃnūb ai. |

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| 1. **Stay 2 metres (4 steps) away from other people.** |
| **2 Metergu ǃnūsiba (4 ǂaide) nau khoe-e xu hâ re; ǃnūguse hâs ge a ǂhâǂhâsa.** |
| People are calling this 'social distancing'. |
| Khoen ge nē ǃkhaisa hurigowab ǃnâ ‘social distancing’ ti ra ǂgai. |
| Stay away from big groups of people. |
| ǂGui ǃgôab khoen ǀguipa ra ǀhao ǃkhaiga xu ǃnūse hâǃ |
| Stay at home or in your village and do not travel to towns unless it is an  emergency. |
| Sa oms, tamas ka io sa ǃgaroǃās tawa hâ re. Tā ǀnî hâ ǃā-e ǃoa ī hana i ga ǁgariǁgarisa tama io. |

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| 1. **Avoid shaking hands with people.** |
| **Khoen ǀkha (tsâǀkhāsa ǃkhōǂgā hâ) ǃomtawedegusa xu ū-oasen.** |
| It is better to wave to greet people. |
| ǃNūse mâse ǃommi ǀkha ǂoab ǃnâ ǁgaus ge a ǃgâi khoena tawedes ǃaroma. |
| If people visit your home, you can ask them to wash their hands, and to keep the same rules as you for coronavirus. |
| Khoen ga sa hâǃkhaib tawa hā sari o, ots ge ǁîna ǃgâiǀgaub ǃnâ mîba ǁkhā în ǃomga ǁā, tsî ǁîn tsîna ǁnā ǀgaus ǃnâ sats coronavirusa ǁkhaubasens ǃaroma ra sao ǁgaraga sao. |

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| 1. **What must I do if I feel sick?** |
| **Tare-e ta nî dī ǀaesensase ta ga tsâ o?** |
| Get plenty of rest. Stay hydrated with fluids such as water, tea, coffee, or juice. |
| Soros âtsa kaise sâsâ re, î xare xūna ā, aiǁgause, ǁgam-i, tē-i, kofi-i, tamas ka io sap hâna. |
| 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. |
| ǃGomsets kara ǀom, tamas ka iots ka toaǁoa ǀūtsûba a hōǃâo, ǁnātimîs ai ǀaeǁgâub tamas ka io kliniksa ǂanǂan re, sao ra ǃgôas ai: 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. |
| Khoe-i hîa ga coronavirusa a hō-i ge ǁî-i ǀkha ra hâ khoen tsî ǁkhāti ǀhûhâsib ǃkhain tsîna xū nî ǀonasen, ǂuru i nîs kōse. ǁÎ-i ge ǂurusib mâisan ǀapemādi, daoǁgaudi ǂhanub didi, tamas ka io nē ǂhawerob ǃnâ a māsadi tsîna nî sao tsî nî ǂanbasen î i tā nau khoena ǂhī. |

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| 1. **What are the impacts of coronavirus?** |
| **Coronavirusa tareǃnôa sîsenǂuiba ūhâ?** |
| 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. |
| ǂGui ǃhūgu ge ǁîgu ǃhūǀgorade ge ǂgan-am. Tsî ǀnî ǂharugugu, aiǁgause ǃnarisarimas ǂharugub, ge hōǂgā-i tsîn ǀkhaise ǁūse go mâ. Nēs ge ǃhūb di sâuǁkhāsib, sîsengu īǁkhāsib tsî marihōǂgās tsîna kaise ǀgaisase ra tsâǀkhā. |
| 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. |
| Nē hâ ǃnâu-ams ǁaeb ǃnân ge khoen ûib ǃaroma a ǂhâǂhâsa sîsenga ra dī khoen ǀguina ra sîsen, ǂurusib ǃoabadi mâisan, ǀapaǃnamgu, tsî ǂûn ǁamaǂharugugu sîsenaon tsîn ǀguina. |

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| 1. **We must make plans to stand for ourselves.** |
| **ǀApena da ge nî ǂgā, î da mâǀgai ǁkhā.** |
| Work with your community to find local solutions to problems that arise wherever you can. |
| Sa ǀhūhâsib ǀkha sîsenǀhao î du ǁnāpa ga hâ ǃgomsina ǁkhā du as kōse oresa hōba re. |
| Let us all help each other to get through these problems together. |
| Hā da hoada huigu î da nē ǃgomsib ǃnâ ǀhûpe mâǃkharu. |

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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.** |
| **Coronavirus nē hâ ǁaeb ǃnâ da ge ǀnî xūna da ra dī ǀgauga nî tawa, î da nē ǁōsa xu sâusen.** |
| There are many people in Namibia and across the world working hard to help protect us. |
| Namibiab tsî ǃhūbaib ǂhawasen ge ǂgui khoena hâ ǃgarise ra sîsenna, î da sada nē ǁōsa xu ǃnorasase hâ ǁkhā. |
| Help those who are vulnerable if you can. Let us protect each other. |
| ǁKhāts as kōse, ǁnān hîa a huisen ǁoana hui re. Hā da ǁkhaubagu. |

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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:** |
| **Noxopats ka Coronavirus/COVID-19s xa a ǂanǂgao, tamas ka iots ka sats, tamas ka io sa ǀaokhoe-e COVID-19s ǁgauǁgaude a ūhâo, toxopa sao ra ǃgôasa ǁkhami re:** |
| The Ministry of Health and Social Services Coronavirus Hotline: 0800 100 100. |
| Ministris ǂUrusib tsî ǀHûhâsib ǃOabadi dis, Coronavirus ǃhaehuib ǃgôas: 0800 100 100 |
| All calls from this number are free. |
| Nē ǃgôasa ǃnâis ge a marioǃnâ. |

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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.** |
| **Nē ǂanǂanǂhawerob ge sao ra khoen sîsenǁareb xa ge īǁkhā kaihe: Megan Laws, Samuel Marks, Ben Begbie-Clench, African Grey Language Consultancy, African Tongue, tsî Kalahari Peoples Fund.** |