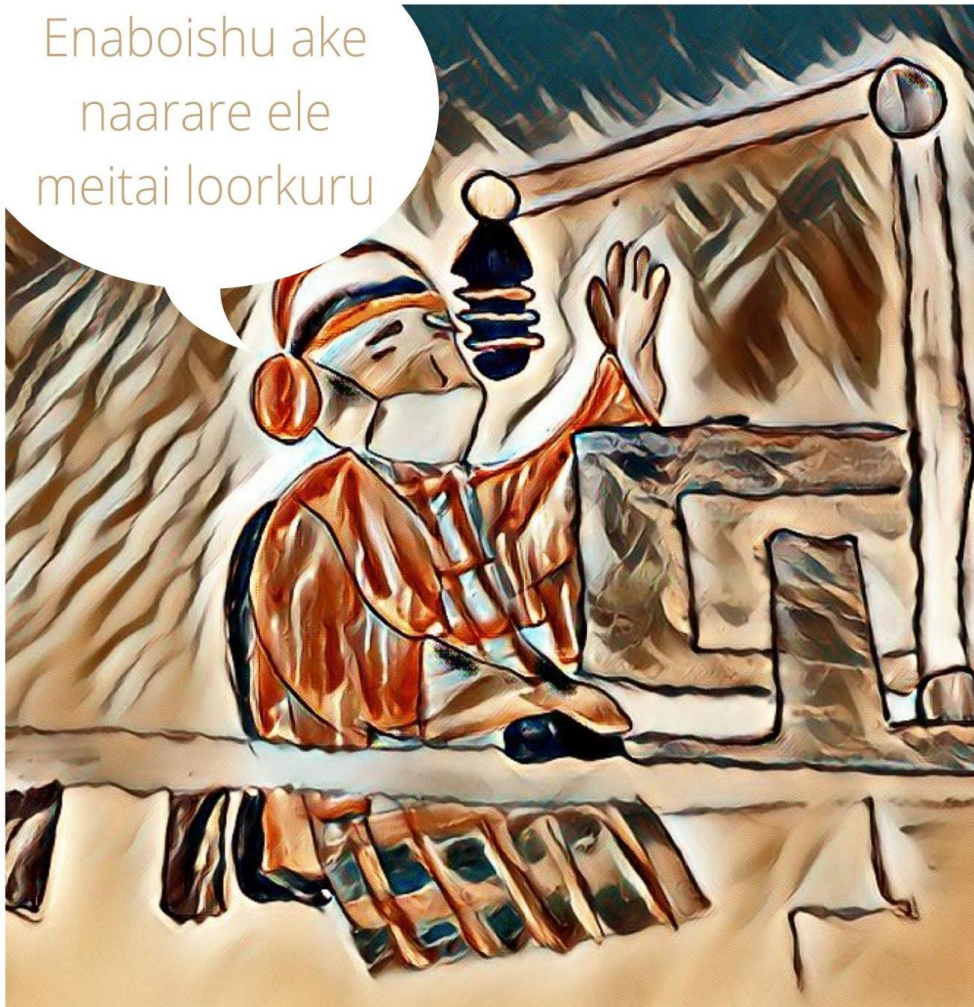




Enaboishu ake
naarare ele
meitai loorkuru



Empalai olimunot naing'ua erendio oltung'anak liatwa enaiboishu enye. Terishata ele meitai otididing'unye loorkuru oji Covid 19 engituduporoto orkwaak

Cultural  Survival




Ore iltung'anak toomurwa enye netanang'are enyamali en'didingunye ele meitai oji Covid 19.

Nejo enaiboishu engituduparato orkwaak keimunye iretoto nalimu erendio olturur nchare keidimu ataash ngibelekenyata tiatwa olosho meitau enyamali emoyian.

Ore ele toilo lerendio olosho na enaret nadupa tiatwa olosho eneisho esipat naaretunye ate, esipai enya nairorie neitadaraa ilimunot enye nasipa, neeta tipat teramatara enye.

Eng'ong'u naipong'o eng'en na kegirai aidim olosho toolomon opuku tiatwa enarendio.


Galina Angarova
Executive Director
Cultural Survival



Iwutaroto sidan naasisho lolmeitai le Covid 19

Ore kuna wutaroto sidan naasisho na keng'or eretoto olosho leumata naa ilalikerot pe etumoki atarare ele meitai le Covid 19 anaake too siaitin enye.

Enasai sapuk:

Pee eutaa eretoto olainasarok oing'waa atwa olosho metaarare engolon ele meitai oji Covid 19.

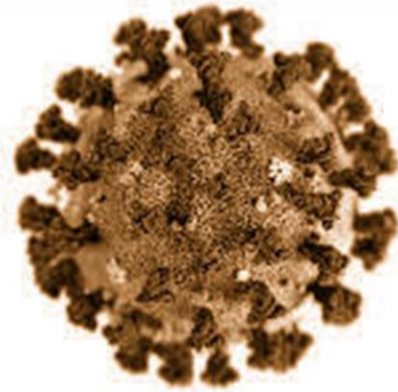
Ormaa :

Ore kuloomon na kedupa tiatwa ilaisiak lena rendio , olasirak tiatwa iloopeny, olalikioroto loolomon, olainasarok lengop pookin teramatara ena rishat olmeitai oji Covid 19.





COVID-19



Kerare tung'anishu ele meitai ng'ejuk oji Covid 19. Eton erareki orng'amata lena moyain.

Easitai tiatwa eriko olosho mbarakinot naa mitok iltung'anak pee metumo too seseni, amuu etaroyie katukul entumoto oo masai, iropiyani, orbakunei lerikoro o eramatare olosho tenaboisho.

Etapaashikia iloshon pookin orbulat oibiribir, aing'urak olchani anaa enaata ilang'eni liapa neitupaa emboshi orsotwa tiatwa enakop.

Maitudubai ngoitai nashet embuan ang' oliatuani ang' pee meroyo ne meeim orkwaak lang.



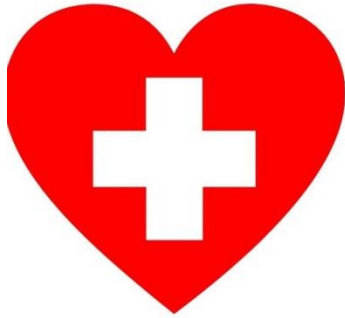
Ore irkiliku lo lomon, lolosho netaramatishote oleng' tena rishata, aisulaki tenarishata emparpuli embyon osesen tengop pookin, neyeuni ilalikiroto pe elimu ilomon oosipa neibala tenarishata engiisha. Ore engituduporoto orkwaak neitutumo ilomon oretisho osuji arare ena parbuli, nepik ilomon erendio sidan oyau eserian ololikioroto.

Entadamu, uwutakinot naitawoki ajo etung'wai iltururi, enjoroto elama naishaakino, entukuo ngaik tengare naibukori openy arashu iyalarere eyilata nang'ou enaisho ngaik, minjororo aibung'a ngaik itu iyalarere ina ilata.



Enjalan, eng'olon

Ore kuna kibeleyenat nayautwa uutakinot naitodol inyamalitin naitagol olosho neyelou asieki.



Embiyotishu, engare naoki, erkeek.



Ore eng'oroto embiyotisho ooseseni, orkeek lemoyian engare naoki nemeata irkiliku opaya na kesipa ajo keyau enyamali.

Ore orkwaak lolosho oldakei lenye orkeek loondimi eneikoni pee etumi na kesujau nchare keyau engolon tolosho.

Nelimu engituduparoto orkwaak nchare ore ilo turur lolomon outu enaasi tena parpuli, eterepa esiai erendio engishaa naata torbaye leripoto or lalikiorot lolosho. Ore iutakinoto enye naasi pee iboorieki ele meitai Covid 19 pee elimu enarendio olopeny.

Na keata m'baa are.

Ore enedukuya neutuni ajo ilopeny erendio olaisiayiak.



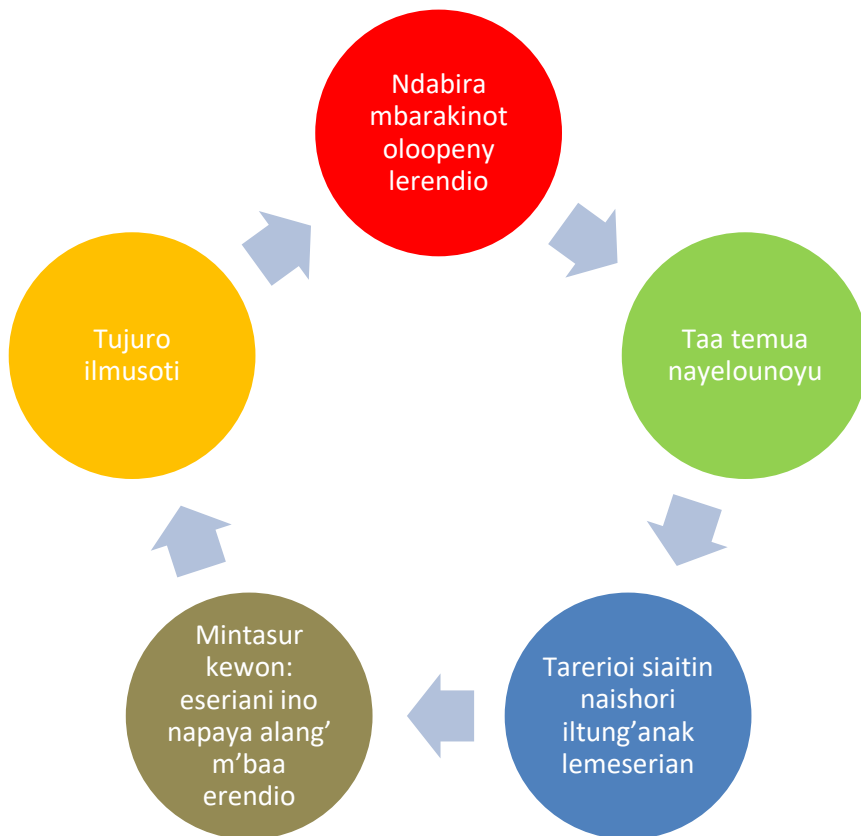
Ore eniare na iutakinot naibiribiriaki pee eyelou olosho kuna natii
onaapuku.





Engirishati edukuya

Laisiyak lerendio olaasak lemelaki
Kainyoo eyeuni pee eas laisiyak lerendio?
Eseriani naiteru



Ndabira mbarakinot oloopeny erendio

Kedupa tenias ena ana enjolie nabo, netemari iutakinot olturur lombiyotisho loloshon, otutakita ilaramatak le sirkali sapuk, ilaisiyak lombiyotisho, o sirkali kutitik ongwapi.



Tujuro ilmusoti

Teniloolo tiatwa olosho nisujaa iutakinot o larikok lolosho erikore lolopeny. Ena esujaro edukuya nipiye kewon.

Taa emua nayelounoyu

Ana ele turur lolomon pe im'booyo inyamalitin nemeyeuni mbarakinot naatipika engop. Engiyelounoto naibala ololasiyak tiatwa o tioriong' enaaji olomon.

Mintasur kewon; eseriani ino napaya alang' m'baa erendio

Mijing' apik kewon iweitin nikintanyamal aitasur arashu enaa iteretena kewon, nimeidamu si ajo ketii ilaramatak lo ngitasurot.

Tarerioi isiaitin naishori iltung'anak lemeserian

Tenetii atwa linyi iltung'anak kitwaak lolarin kumok arashu eita emoyian nagol oleng' naa esidai teneishori kulie siatin naidimu ataas toongang'itie enye.

Ntabira eniasishore
abaraki

M'booi engijape
arashu ndadoiki endoki
narong'irong' te
engioret

Ndukwo masaa inonok
tengidipata esiai

Tomitiki iltung'anak
aare ejing' atua
erendio

Ndabiru ngoitoi
ning'amarishore ayayie
ilomon itu ijing atwa
eneyayeki ilomon



Ntabira eniasishore abaraki

Ndabirishore enaisho naruko naata engipimo e 70% arashu ndabirishore ai naji chlorine arashu enaji naarirkuru aitushulaki engare.

Ndabiru ngoitoyi ning'amarishore ayarie ilomon itu ijing' atu

Entashieki eneitutumiekie iltung'anak ngibeleyenat oltoilo sidai lesimu. Naa tenimiata eningo tena oitoyi taasa lesimu anaa engai oitoyi, arashu ing'oru kulie oitoyi tiatwa: www.giss.tv

M'booi engijape arashu ndadoiki endoki narong'irong' te engiroret

Ore kuna tokitin nairorieki pee eya oltoilo ngador na ngoitoyi nashurtakinoi emoyian. Naa keyeuni ake pee inidip esiai nibeleyenat ino kiroriet oerang'irang' aitoipoo tem'bene ng'ejuk (engarasha arashu enailon) tenintaru likai tung'ani. Iriwai kewon.

Ndukwo masaa inonok tengidipata esiai

N'tadoiki engiti karasha atua engare olchani oji enaisho e ethyl. M'booi engitukore olchani oji chlorine amu kibung'ie masaa endoroni. In'dim ainyangu ina abila enaisho e ethyl toldukai loorkeek arashu orkombe loorkeek.

Tomitiki iltung'anak aare ejing' atua erendio

Keeibori ena pee measayu eneaku metii ndokotin naoshopi tenenang'ai, nilamama arashu embising'et engutuk o ngumeshin.

Ematwa eare

Ilisiayak le rendio olaki olemelaki

Ore tena matwa na akindodorop mbarakinot naishorutwa orkiama lombiotisho olosho naipirta eng'eno nagut orkeek enaji pee erareki ele meitai le Covid 19, nisho ilalikirok lemurwa meidim ashuru orkilikwai lemayian terishata nashaakino neme teneaku en'diding'.

Ilomon lemesipa



Tanya ilomon lormarengé lemesipa

Etolimwo orkiama lembiotisho olosho (WHO) ajo ketii ilomon oishoo engarna naji ormarengé olimu lomon lemesipa neeta ng'orot torok naidapashitai ilalikirot lolomon oopaash oliatwa iltururi sapukini. Ore ilomon lemesipa enitushul m'baa neing'ua olosho itau eyasat torok naitanyamal eng'ishui oltung'anak. En'tanya ilomon lormarengé arashu ilaitaruak.



Embirare irkiliku leserikali arashu loolang'eni oipirta ena moyian owutunoto naishorua orkiama lembiyotisho oloshon (WHO)

Tadamu nchare mira olang'eni arashu olayoloni lena baye , amuu ilajurok iibala lembiyotisho loyolo moyiaritin oorkuru, ngaramatak esipitali,lang'eni lorkeek arashu lang'eni liatwa irbakune looseseni oishoru pee itau elikioo lomon oipirta ena moyian aliki olosho. WHO- orkiama lembiyotisho oloshon



World Health Organization



Entadari eng'eno orkeek toltung'anak liapa naasishorere
Kiata eng'eno naidim aitarari eng'eno ooliapa naipirare en'daa nainosi orkeek naa akingilikwanishore ilang'eni lelokeek orkulikai oata ina ng'eno.



Ndapashai ele kilikwai olomon tiatwa olosho tengutuk enye arashu
tengutuk sapuk nairori tiatwa engop enye
Iroshiye irkiliku tengutuk oloopeny nayor neyelou aasik. Taa olailikioroni odupa lorkilikwai tiatwa olosho. Na tenemetii olasiyani odup engutuk oloopeny, nenyoki aing'oru iltung'anak kulikai oidim ataas. Amu ketii ilomon oitawoki toongutukie oloopeny nashiakino nening'. Ore engidipata ekulo sirat nikitonigo niking'arie iye enikunari irkiliku oopaya lemeurur.

Tanya orgela lormen

Ore anaa eneiterunore kulo kuru naa ore ilomon telalai nejo irkuru le china, neyau orgela lo ndipati neureuni, neibaini kulie kwapi naing'ua lelo tung'anak neisulaki lina kop.



Ore si tolosho lang netupukuo endoki naijo enanyanyukie ina, engiba, ormen, enging'ota oltung'anak, irmareta ometabaiki ngwapi neisulaki loidurwa arashu looshukunye ngwapi enye tenana kwapi.

Ore tenderaki ina, nikieto ajo mateng'ena tongirorot ang', matapaashare ngutukie naata entipat oltung'anak arashu olosho lenye, en'daa nanya, arashu enaidura enye arashu emenai oseseni lenye.

Erendio ana ilaitadarak lesipat oloishu

Keitadaraa erendio isipat naipirta enganyit etung'anisho neata elalai oorkiliku loolikio ngirorot naa menare pee meyau itarabali loltung'anak.



Tanya isirat lemeata enipirare , ning'waa

Ore tenarishata naa ketii ilalejak kumok oing'oru iropiyani looltung'anak oing'wa atwa iltung'anak arashu iltururi lemeata olturiaki ajo keidim ayau embaash enyamali tolosho ana engitanyanyuket orkeek, ila olukuny, paashunot orkeek oitushuli neaki arashu eremokini osesen loitung'anak. Teneaku keatai ingirukoto nchare kishiunye nana pookin emoyian ana ejo lasirak olautoroto, nikingilikwani ninche tenaa kepaasha ilomon lenye loorkeek okulo lolaitabirak orkeek lendim.



Nginosaroto naasuj orbakunei lenganyit tung'anisho

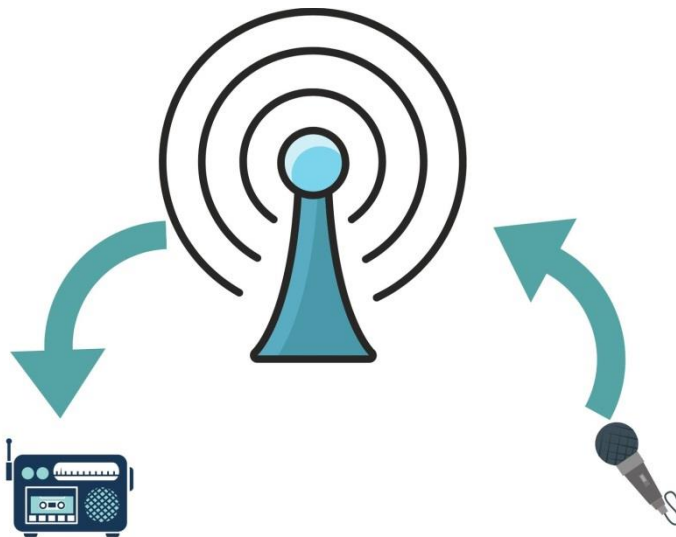
Teneaku keyoloi iltung'anak oata irbulabul arashu lootwa ewaa ele meitai le Covid 19 nikin'tau utakinitot naikunakinoi ena nyamala kianyit ilo marei arashu iltung'anak oopeny. Endujuru eningunariri tenipuopo aikilikwanishore taa tiabori ninche pe ilumok atuuta isidan.

Ngitalalunot olomon opuku tiatwa olosho onaapuku tolaitoriak

Ndapasha iutaroto napukunye naitauto engop ang' orkulie oshon, tiatwa iltung'anak lokereti liabori, neutuni isiaitin nemeukure easi arashu nemeukure eishoruni pee easi tenarishata.



Entadamu ajo ore erendio na orkedet oimu ilomon abaiki emumata nalala alikorie irbulabul oitodolu oopeny neisho engitoria embiyotisho metetema iloonyamal oltung'anak oata irbulabul. Ore kuna temat na kedupa oleng' amuu keutu enikoni pe iboori emoyian neitudupari embiyotisho oltung'ani otamoyia.



Kitudupari repeta olosho

En'tudupai irepeta naati terishata neurishoreki, enduutu naa ormarei anaa engishopoto, enturore o mukundani kutitik too ngangitwe metii orgela looltung'anak anaa ndasati orpayiani. Njoo easi siatin tenebo neinosari ngatini eapa neasi sii kulie mbarakinot naatii.

Neutuni mbarakinot engang aor isiatin eyang', neshulari erisio oongejek pokira are. Neitudupori ngatini etoniy temisa arashu kulie kirorot naiminie n'damunot nayauta ele meitai.

Nejukari erendio tolimunoto olomon oitodolu orgela loongera arashu ngituak. Na aking'enaro pee kitumoki atang'amu ilomon oitodol ilabarali. Aiteru tolosho linyi tiatwa ngishoronot oretot neyeuni emboron engalamasisho tele meitai.

Neitudupori ngatini pee eng'amakinoi etoniy tiang' arashu ngulie yasat naaminie n'damunot nemeishaa nayauta ele meita.



Ore tookulie kwapi engiteng'ena engijape nemegira ayau dupot to ngera esukuul amu metii kulie wejitin pukunot naitabarieki engiteng'ena arashu kulie masaa naasishoreki. Ndamoo kewon engiteng'ena erendio too ngera ormuran anaa engoitoi nasipa naibooyo pee metasheyeki nene wejitin neiteng'enareki. Neitoomoni laiteng'enak esidai pee easishore erendio aiteng'enishore too ngatitin nairukokinotoki.

Endoliki emumata telalai nchare tenitauki kibooroto oltung'anak tekulie wejitin njoo eitodolu ajo eiting'o ormeitai le Covid 19. Entirima nisujuju mbarakinot nautu engitoria embiyotisho naatii.

Kewutuni nchare kishaakino pe elimu ngatini naasipa terishata nanyamal olosho tena moyian.

En'tudumu ng'igwanaritini naigwanareki mpukunot naatodua olosho nengenik naayawa ele meitai niking'waa arashu kulie naasujaro.

En'tudupai enchumata oropiyani nimintokiki ainyalaa ainosie ndokitin nemeeta tipat.

Entutumo olosho metang'wara ing'itabirat oseseni oleng' omanyisho enye nibooyo ropiani tencheraki enamanaroto emoyian kake njoo eaku ore emanaroto naa torkipirta odupa oariki ena moyian

Entuduparie oldakei len'daa nashet seseni apik ilaripok looseseni nepiki eniko n'daki oltung'anak liapa naaramat seseni neaku biot. Naa lelo seseni biot oata irkakuyaani o ngokooni ang' engata naado ieshu.

Kaji eweji nikitanyamal nalelek pee itum irkuru





Eweji sapuk napukunye kuloomon:

Olturur lembiyotisho lolosho (WHO)
<https://www.who.int/es>

Irkererin oitodolu eng'eno olomon pee etumoki lasirak aitolikio ele meitai le Covid 19 Olturur
lolasirak lolosho
<https://ijnnet.org/en>

Olturur lolajurok lolasirak loongwapi
<https://gijn.org/gijn-en-espanol/>

South Africa
<https://sacoronavirus.co.za/>

African Union
<https://africacdc.org/covid-19/>

World Health Organization Africa
<https://www.afro.who.int/health-topics/coronavirus-covid-19>

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