

COVID-19



Government of The Gambia



Gouvernement du Sénégal



Governo da Guiné-Bissau

NDADNDEN BESNGUUJI MEN KAÑUM E NOKKUUJI MEN



KO ENEN FOF ĐUM WOYI !



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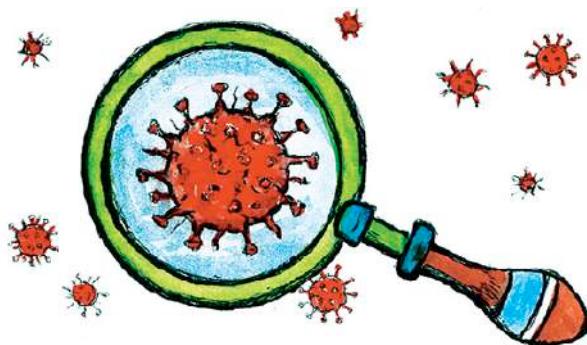
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Hol ko woni virus ?

Virus ko dum keddel tokoñullel, ngel yitere mehre yiyyataa, ngel nganndu-daa so naatii e nder banndu men ina waawi raabde yimbe te sabobina maabbo, durmo walla ñabbuuli foofaango keewdi.

Hol ko woni coronavirus ?

So innde corona haalaama hakkillaaji paya e kufna laamu sabu diin virusuuji tokoñulli mbadi ko cammeeje no kufnaajji gondi dow mumen.



Coronavirus adii raabde fof ko won kulle ladde kono o wayli sawru mbaggu o ummii e kullel o fayti e aadee. Omo yaawi raabde hakkunde aadee e banndum. Virus o sabobinii ñawu wiyyeteengu COVID-19. Ko buri tati miliyoñaaji tati yimbe hodbe e nder leydeeble aduna de ndaabaama e nguun ñawu bonngu.



Hol no neddo raabirta banndum e coronavirus ?

Coronavirus raabirta ko ko wayi no tobbon ndiyam tokoñullon kon yitere mehre yiyyataa te kon caroo e weeyo so aadee daabaado e virus (hay so o anndaa ko daabaado) wona e dojjude, omo faha so o wonii e haalde. Koon tobbon tokoñullon ina mbaawi kadi jippaade e leydi walla e kuutorde neddo daabaado o.



So yimbe wodbe poofii koon tobbon coronavirus tokoñullon kon walla so be memii gede takkude e makkon, be tokñima gite mañbe walla be memtiima kine mañbe, virus o ina waawi naatde e nder banndu joomum fuddoo gollude golle kaantoridde.

Coronavirus ina waawi kadi wonde e doodi (kuwdi) te ina waawi raabde so en lawyiraani juude men saabunnde no moyyi so en njaltii taarorde de.

Hol ko kewata so coronavirus naatii e nder ɓanndu men te keben ñawu COVID-19 ?

Maale de ko wotere e/walla godde e deedoo :

- dojjo (buri heewde ko yoorngo)
- muuso hoore
- muuso goddol
- ɓanndu wulndu
- foofaango sadtungo
- muuseeki ɓanndu kuuftidinki
- ɻakkere banagol hinere walla cafgol demngal (wonande won yimbe)
- heen sahaaji omo waawi sabobinde ñabbuuli foofaango baydi no di becce walla di bumsude.

Duum wadi, won yimbe wondube e COVID-19 tinataa wonde be cellaani, kono aþe mbaawi laynude ñawu ngu e nder taariindi maþþe.

Ko buri heewde e yimbe heþþe COVID-19 puddotoo tinde sum ko hakkunde 1 haa 14 ñalawma caggal nde be ndaabaa ; heewþe be tinata wonde be cellaani ko balde 5 walla 6 caggal raabo ngo.

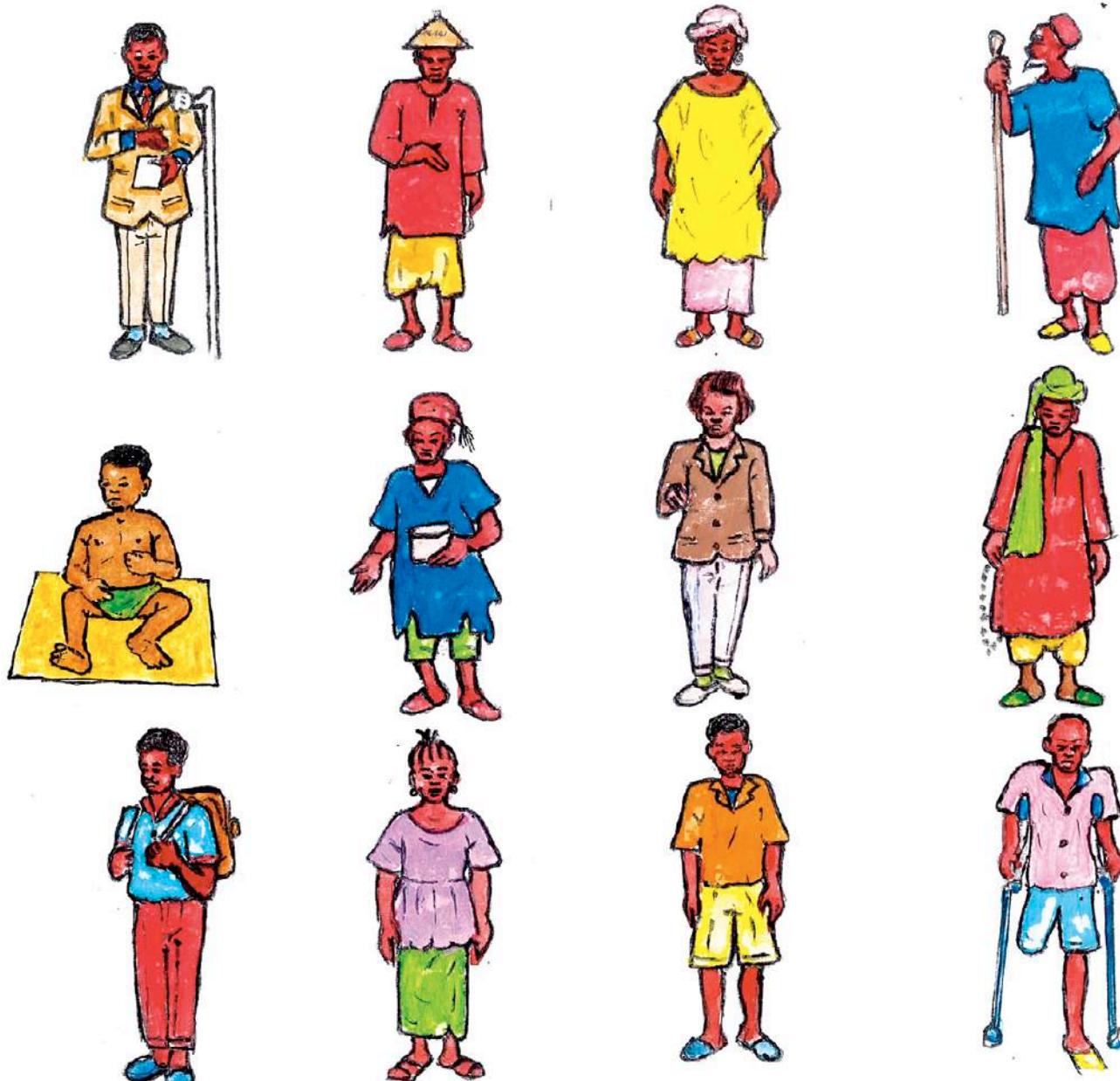
Ko buri heewde e won ngonkaaji, yimbe raabaaþe be peññintaa HAY MAALDE WOOTERE. Duum ina hulbinii sabu hay sinno maale de peeñaani no feewi, aþe mbaawi raabde besnguuji maþþe, sehilaabe maþþe, kañum e kala mo be njokkondiri tawa be nganndaa.

Ina wadi nafoore mawnde nde puddoto-den yeftude
DOONAA DOON palorde te mballen heddiife be
wadde hono noon, sabu en mbaawaa hoolaade so tawii
coronavirus o ina e nder nokku men o.

Hol yimbe waawbe hebde COVID-19 ?

Coronavirus woppaani hay gooto. Kala aadee ina waawi hebde dum : rewbe be, worbe be, sukaabe be, nayeebe be, aldube be, hooohoobe laamu be, yimbe sellube be kañum e ñawbe be, laambe worbe be e laambe rewbe be, remoobe be, ardiibe leydeele de, hooohoobe diine be, liggotoobe be, janngooobe be, Afririkinaabe be, Oropnaabe be, Ameriknaabe be ekn.

KO E KAAYAA MBEEYAA NGON-DEN !



KONO NDEETO-DEN !

COVID-19 ina waawi wonde ñawu bonngu, mbaroowu wonande won yimbe, teenji noon yimbe dañbe ko buri duubi 60 kañum e yimbe wondube e rafiji goddi (baydi no ñabbuuli bernde, bumsude walla booye, jabet e taasion ñabboowo). Yimbe jaaywinoobe kañum e yimbe wodbe farwube ngoni ko e kaayaa mbeeyaa mawdo.

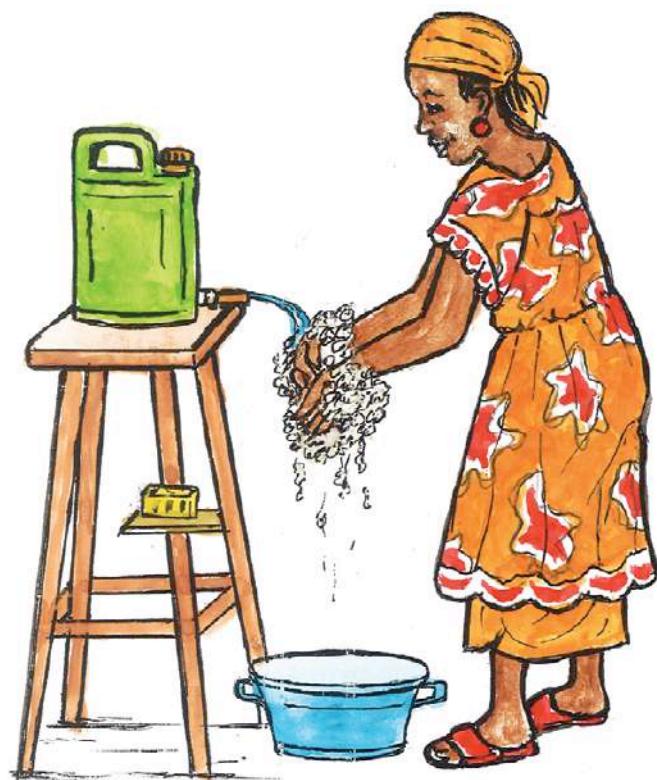
Yimbe be dooftotaako ko feewti e palagol, maa mbonnu nguurndam jinnaabe mumen, taaniraabe mumen, kañum e kala neddo parwudo memondirdo walla jokkondirdo e mañbe.



Mijo-dee be !
Doofto-dee waajuuji palagol
ngam dadndude nguurndam mañbe !

Hol waajuuji palagol yefteteedi ?

- ❖ Waajo yefteteedo burdo moyyude e palagol ko lawyirde juude men ndiyam e saabunnde sahaa kala ko famdi fof hojomaaji 20 ! So saabunnde alaa so en ngonii boowal, eden mbaawi lawyirde juude de ndiyam njilladam alkol.



Tesko-dee : Virus o ina farwi no feewi. Ko gurel kajam leefngel huuri mo. Ko duum wadi kala saabunnde walla ko nanndi heen ko dum safaraa moyyo, sabu NGUUFA KA SARAT KAJAM DAM.

Ko duum wadi eden poti yiggude juude de ko juuti – ko famdi fof hojomaaji 20 walla ko buri dum – te yoo nguufa ka heew ! So gurel kajam ngel saraama, gabbel poroteyiin ngel saroo saakoo haa wattindoo bonnude hoore mum.

NGANNDEN !

Kala nde ndenndin-den feccere wootere worde sawel kañum e pecce 5 ndiyam duum ina saayna doonaa doon poroteyiin o, bonnira mo nder.

Hol no soodortee ngam warde coronavirus ?

1. Leppiniree juude de ndiyam te mbadon heen saabunnde.



2. Njiggee juude de haa sabunnde nde yuufna.



3. Njiggee no moyyi yeeso e caggal juude mon.



4. Njiggee hakkunde pedeeli di.



5. Njiggee les cegeneeji mon.



6. Njiggee juude mon ko famdi fof hojomaaji 20.



7. Lallitiree juude de ndiyam.



8. Poppiree juude de sarbet laabdo walla sarbet kayit.



- ❖ Maa en ndadndu denndaangal besngu men kañum e nokku o so en kuutoriima musuwaar beddeteedo ngam dojjude, islude walla ñittaade. Ngam hadde virus o saraade e weeyo te raaba yimbe wodße, mbeddo-den musuwaar o e nder dufirgel mbalit, caggal duum coodoro-den saabunnde.



- ❖ So musuwaar woodaani, eden mbaawi islude walla dojjude e nder kofol holbundu ndu.



- ❖ **Woto njejitee :** so en memrii juude men yeeso men (hinere, hunuko, walla gite), so en ndeentaaki maa en naatnu coronavirus o e nder banndu men.
- ❖ KOOLTO-DEN CEGENEELI MEN hade virus o suudaade heen !



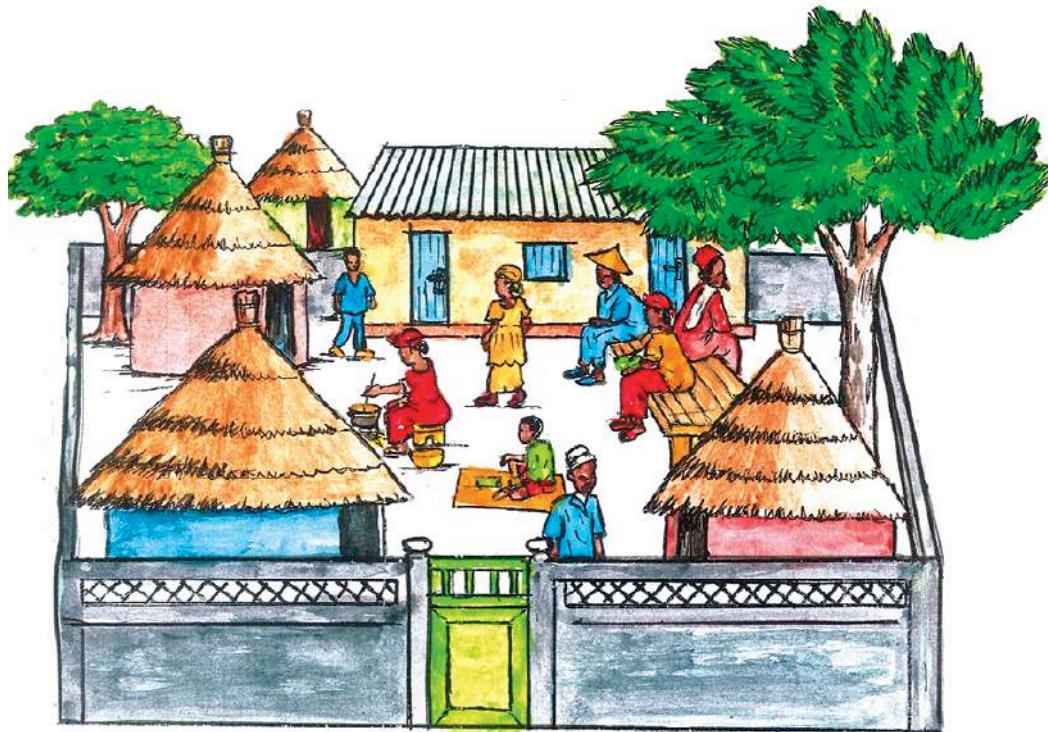
- ❖ Laabbinde wertaanguuji memateedi walla daabateedi sahaa kala tawa ko gondi e nder galle he ina wallita e warde virus o. Ina wadi nafoore nde ndeenaten laabal diin nokkuuji tawa adi laabbiniree ndiyam e saabunnde, te di laabbiniree dental kudduuri 4 kafe ndiyam worde sawel badaadi e nder kuddu gooto ndiyam.



- ❖ E oodoo dumunna COVID-19 do nganndu-daa safaraa mum alaa, hay neeso mum woodaani ngam hallaade ñawu ngu, haralleebé cellal be fof, hoohoobe laamu ngu kañum e hoohoobe diine kadii dente de wadeede - kala do waawi wonde fof ! So a yiyii dente de ina kadee, ko sabu teskagol haralleebé be wonde ko bone mawde dum waawi jibidinande yimbe hewbe !

Ko dum wadi, eden nganndi wonde eden mbaawi raabeede coronavirus ko ina wona balde 14 hade maale ñawu COVID-19 feeñde, tawa en cibaaki dum. E oon dumunna, eden mbaawi raabde yimbe satiibe men be fof.

Eden ñaagaa nde curoto-den e nder galleeji men hade men ndaabbeede te kadi hade men ndaabde yimbe wodbe be. So yimbe heewbe paawngidii, nokkuuji cafrirdi di ngukkat. Hay gooto waawataa safraade no haaniri nih.



Curo-dee e nder galleeji mon !

NJAGGEN : No nokku buri faadirde fof, ko ndeen coronavirus bura heewde. No nokku o udditorii fof walla laayondiri, ko noon coronavirus o ustortoo.

- ❖ Haralleebé heewbe ina nduña yimbe be ngam hallaade ñawu COVID-19 nde boornotoo cuumirgel badanaangel galle wonande kala neddo potdo yaltude galle o tawa ko e dumunna dabbo.

Cuumorgel ngel ina walla en waasde raabde e raabeede.



Cuumirgel am ina reena mon!
Cuumirgel mon ina reena mi !

**Nduñen yimbe be fof nde
boornotoo cuumirgel !**

Wasiyaaji ngam boornaade cuumirgel

- ☞ Coodoro-den juude men saabunnde walla ndiyam njilludam alkol.
- ☞ Hade men boornaade cuumirgel badanaangel galle, yo ngel lawyire ndiyam e saabunnde.
- ☞ Cuumiren hunuko men kañum e hinere men cuumirgel te njenaneden wonde alaa yolnde hakkunde yeeso men e cuumirgel ngel.
- ☞ Ndeeno-den memde cuumirgel ngel so eden kuutoroo ngel ; so en memii ngel, eden poti soodoraade saabunnde walla ndiyam njilladam alkol.
- ☞ So en kootii galle, ittiren cuumirgel ngel caggal (woto men memto yeeso cuumirgel ngel sabu virus ina waawi wonde heen) te mbaden ngel e nder ndiyam njilladam saabunnde walla godsum ko waawi labbinde. Nguppiрен cuumirgel ngel saabunnde te liiren ngel e naange.
- ☞ Coodoro-den juude men ndiyam e saabunnde walla ndiyam njilladam alkol.



- ❖ Salminde yimbe ina jeyaa e hormaade kañum e tinde neddo o e nder renndo afirikiyankeewo. Eden mbaawi jokkude salminde yimbe be tawa en tottondiraani juude te ngoddondiren ko ina wona meeteruuji didi. Suumaade kadi ina yidaa.

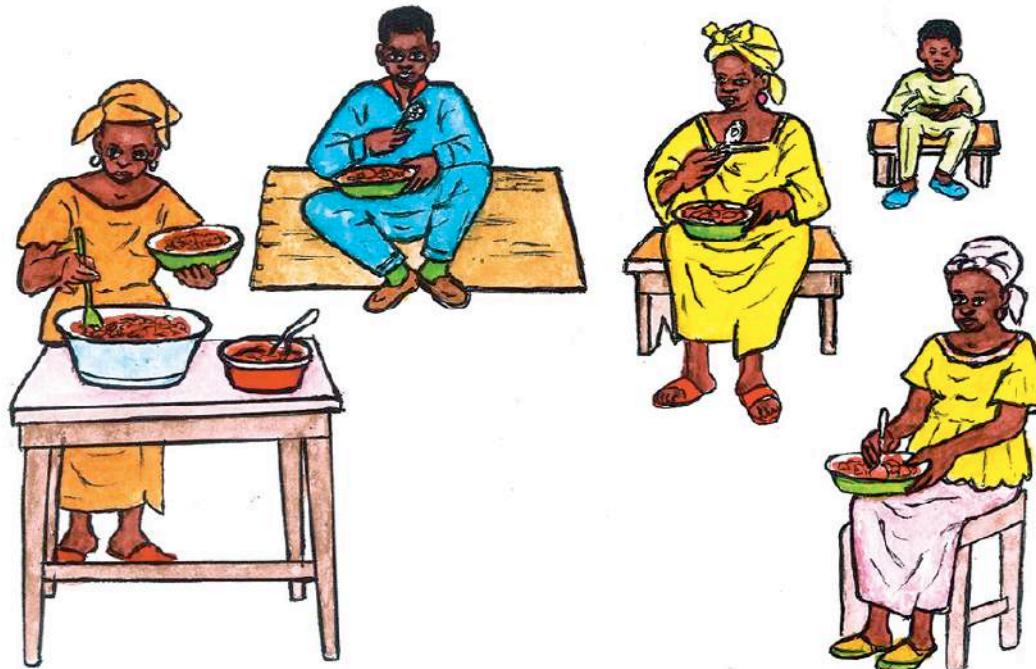


**Sehilaabe haqqan ina
ndadndondira !**

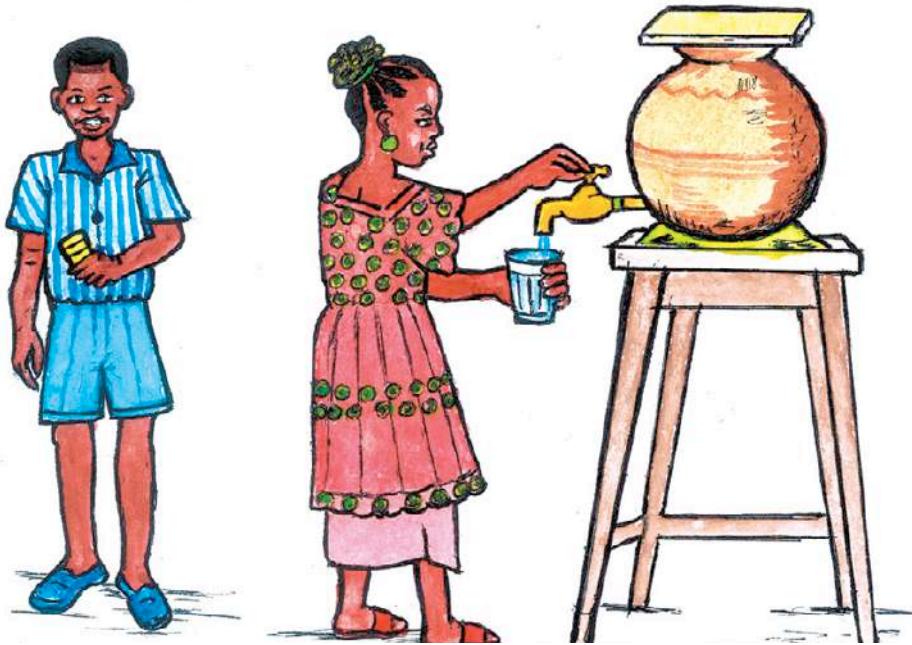
- ❖ So en coododiima e bool gooto ndiyam hade men ñaamde, so en ndeenaaki eden mbaawi raabondirde. Kuutoro-den satalla ngam waasde raabondirde ñawu ngu.



- ❖ So en ñaamdii e bool gooto tawa ina woodi e men gondudo e ñawu COVID-19, oon neddo, hay so anndaa nih, so reenaaki omo waawi raafde yimbe be o ñaamdi e bool gooto o. So ina wona, yo gooto kala rottane bannge mum ngam juknude cellal balli yimbe besngu ngu.



- ❖ Yardude pot gooto e loonde ndiyam wootere ina waawi raafde yimbe galle o so tawii gooto e maabbe ko gondudo e virus o. Neddo galle kala e pot mum ina dadnda yimbe galle be fof.

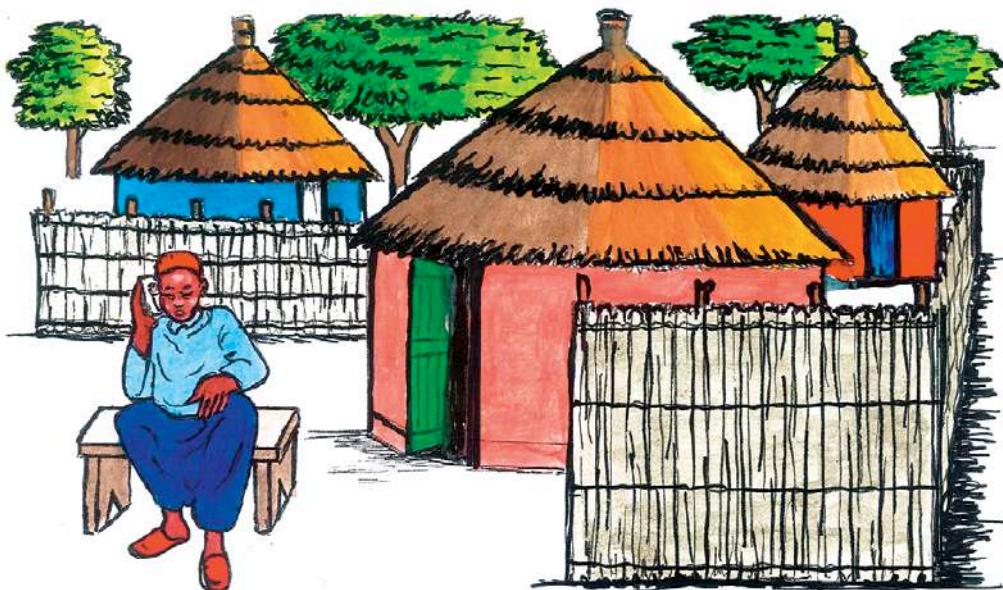


- ❖ So eden njarda ataaye tawa ko kaasuaji gooti kuutorto-den tawa en lawyiraani di saabunnde caggal nde ciiw-den kala, so en ndeenaki eden mbaawi raabeede so tawii gooto e men ina wondi e coronavirus, hay so o feññaani maale de. Yo gooto kala jogo kaas mum !

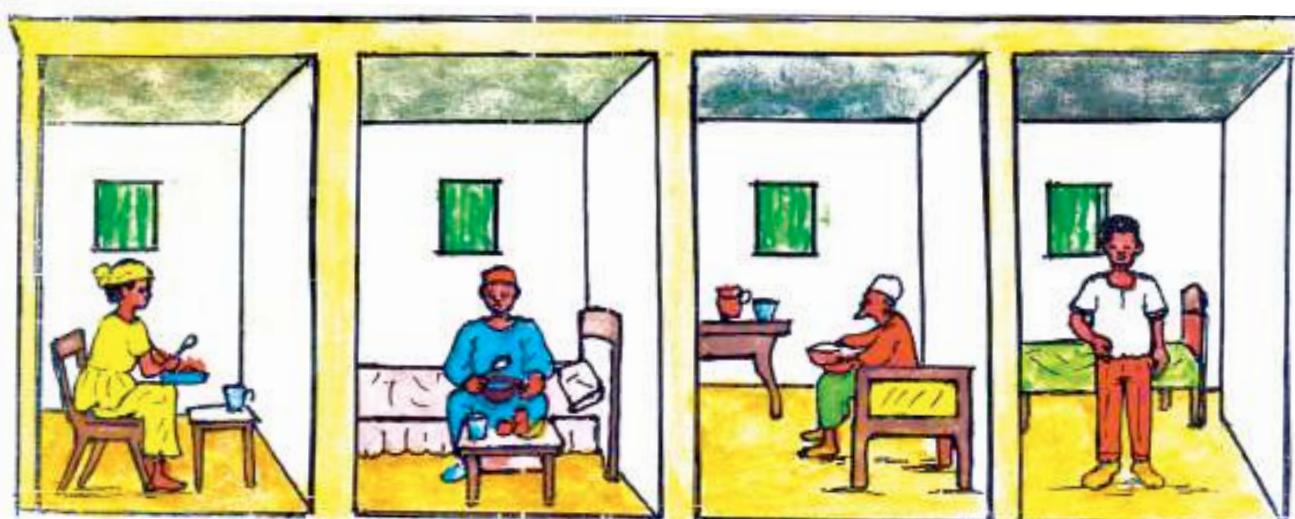


Hol ko foti wadeede so deedoo maale peeñii, hono banndu wulndu ?

So en kebii : dojjere, muuso hoore, muuso goddol, banndu wulndu, foofaango sadtungo walla muuso banndu huubtidinngo, eden poti suraade doonaa doon, ngoddito-den yimbe wodbe be. En potaani yaltude te nodden to nokku cafrirdo mbo laamu ngu toddii ngam nebbiseede e coronavirus.



So tawii neddo gooto walla dental yimbe njokkondiriino e neddo nebbisaado tawaa omo wondi e coronavirus, oon neddo walla dental yimbe be njoñete te be mbaawataa yahde hay nokku. Maa fade haa be nebbisee haa anndee mbele be ndaabaka coronavirus e nder balde 14 dewde heen de.



So on kebii deedoo maale :

- * dojjo (buri heewde tawa ko yoorngo)
- * muuso hoore
- * muuso goddol
- * banndu wuldu
- * poofgol cadtungol
- * muuso banndu huuftidinngo

noddee tawo cafroowo mon walla to nokku cafrirdo o hade mon yahde lopitaane walla nokku cafrirdo ngam ñaagaade safara.

SÉNÉGAL

Ngam hebde kabaruji godđi jowitiidí e COVID-19, noddee e :

800-00-50-50

Tonngode HEÑORAANDE :

1515

THE GAMBIA

Ngam hebde kabaruji godđi jowitiidí e COVID-19, noddee e :

1025

Tonngode HEÑORAANDE :

900 1025 / 341 1025 / 622 1025

GUINÉ-BISSAU

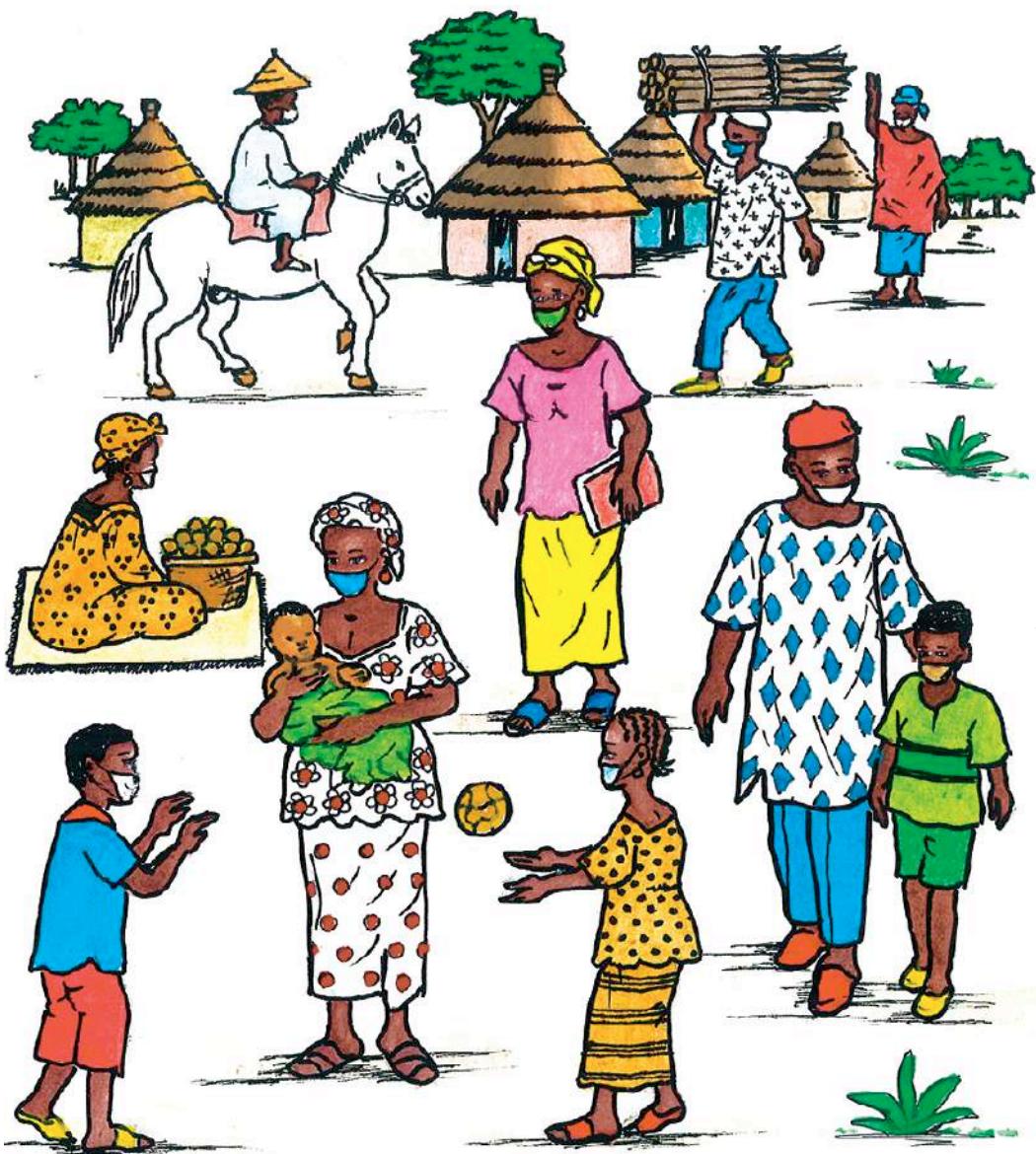
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MTN : 1919

Tonngode HEÑORAANDE :

ORANGE : 2020

Ina wadi nafoore mawnde no feewi e dooftaade jikkuuji kesi di haralleebe cellal mbagginta, sabu nguurndameeje keewde njowitii ko e golle men. Eden ndeena koye men kono kadi eden ndeena kala ūe njid-den.



So en ndentii, maa en mbaaw juknude cellal kañum e ngonka moyya wonande besnguuji men, nokkuuji men kañum e denndaangal aduna o fof !