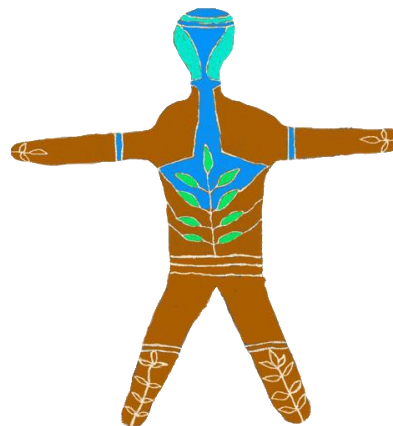


How to stay healthy and strong during Covid-19 times

Nhaltjan dhu nhina manymak ga däl dhuwalatjan Covid-19-gurr



A short story about caring for ourselves, our family and our community

Dhuwal gurruri dhäwu nhaltjan limurr dhu dharray limurrunguwuy limurr ga community-w



ARDS ABORIGINAL CORPORATION 2022



Gutharra asks mări: What is this Covid-19 sickness that everyone is talking about?

Gutharray ga nän'thun märiny: Nhä dhuwal Covid-19 rerri nunhi limurr ga bukmakthu năma?

Mări replies: You know there are different kinds of sickness, like ear pain, coughing, fever, or like when we have a sore belly? Covid-19 is another sickness that we now know about.

Mări buku-bakmaranjäl gutharraw: Bukmak limurr marngi nunhi bawalamirr ga rerri norra, balanya nhakun wanganydja buthurupuy ga wiripu wiripu mala, nalparr', gormur' wo nunhi limurr dhu du_lmu (wo gu_lun) ririkthun. Ga Covid-19 dhuwal wiripuny wangany rerri.

Covid-19 is a sneaky sickness.

Covid-19 dhuwal bawalamirr naji dhu marrtji yurr gayul.

It can jump from one person to another person very quickly.

Yurr naji njuli gärrri wanganygal bala wapthun wiripuwal yolñuwal ga wiripuwal, bondi.

Like when we stand close to one another and speak, or cough or sing.

Balanya nhakun njuli limurr dhu galkiwatj dhärra, ga waña, wo ñalparr'yun wo ñar'taryun.

It can make anyone sick with fever, sore throat, coughing.

Bawalamirriny naji dhu rerriny gurrupan, nhakun njulwitjthirr wo gormur'yirr naji dhu yolñu, ga gurak djetjimirriyirr ga ñalparr'mirriyirr.

We know how to keep strong and slow this sickness from spreading.

Limurr marrgi nhaltjan limurr dhu ga ñäl nhina ga bulnha'maram marrtji bala dhuwal rerri.





Let me tell you some ways Gutharra to help keep your body healthy and strong.

Gutharra, n̄arra n̄huṇu dhu dh̄awu ḷakaram, n̄haltjan dhu dj̄aga limurrunguwuy limurr rumbalgu, wanhalatjan dhukarrkurr limurr dhu guṅga'yunmirr.



Look after your hands Dharray nhujuwuy dhe narambiyaw



Our hands can carry many germs that we can't see. This means we can spread germs with our hands and not know!

Limurrungal narambiya nuli gäma dhukun mala nunhi bäyju limurr nuli nhäma. Dhuwandja mayali' limurr dhu gurrupanmirr dhukun ga yaka limurr marngi nunhi nayi buwayak rerri.

Wash your hands after touching rubbish. Wash your hands after going to the toilet. Always wash your hands before you eat. Use soap and water when you wash your hands.

Nunhi dhe dhukun nayathanal, rurrwuyurr nhujuwuy dhe narambiya. Ga rurrwuyurr nuli dhe dhawatthurr nyumukuninyjur wänañur, ga rurrwuyurr bala yornha natha luki. Bäkiny djop ga gapu nuli dhe dhu rurrGuyunmirr narambiyan nhujuwuy dhe.

Keep your body strong Rumbal nhujuwuy dhe dhu ḡalkum

Choose foods that make your body strong.

Mala-djarr'yurr ḡatha ḡunhi ḡayi dhu ḡalkum rumbal nhuna.



Go hunting for bush foods like fish, shell fish, wallaby, yams and turtle.

Marrtji ḡiltjilil ga mǎrraḡ ḡatha nhakun ḡanguri ga weḡi. Ga marrtji ḡamurruḡ'lil ga mǎrraḡ maypal, guya ga miyapunu.



When your body is strong, it can fight sickness better. Eat healthy food.

Nunhi limurr dhu natha luka manymak, ga nunhiyidhiny nanyi dhu gunga'yun rumbal limurruṅ manymakkum, mǎrr nanyi dhu rerri buma.

Wash your hands and wear a mask when you go to the shop.

Rurrwuyurr nhuṅuwuy narambiya ga gurrukuṅ mask ga yornha marrtji shop-lil.

Look after one another Djäga limurrunguwuy limurr

Wear your mask when you are around many people.



Gurukun mask
nunhi nhe ga
wirwiryun
dharrwawal
yolnwal.

When you wear your mask to school or to the shop, you are helping to stop the Covid-19 sickness from spreading.

Nunhi nhe dhu wukirrilil wo shoplil marrtji, gurrugun mask marr ga nhe dhu gu'maram Covid-19 rerri
latjuwarr'yunañur.

Wear your mask the right way Gurrunj n̄hunuwuy mask dhunupa



When we wear our mask the right way, our mask will cover our mouth and our nose.

Nunhi limurr dhu ga dhunupa mask gurrukam, ŋayi dhu gungam dhurrwara ga ŋurru.

Sharing is good for many reasons, but don't share your mask with other people.

Gurrupanmirrdja manymak bawalamirr ŋula nhä mala, yurr yaka gurrapul n̄huŋu mask wiripuwal yoljuwal gurrukanhawuydja nhokuŋ.

Keep a distance from others Birrka'yurr ga dhärrri märr barrkuwatj

Covid-19 sickness can jump easily from one person to another.

So we try to stand apart when we can.

This will make it harder for this sickness to jump and make other people sick.



Covid-19 rerrri ñayi dhu bondi wap'thun wangany yolñuwal ga wiripuwal.

Limurr dhu guyaņa ga dhärrra märr barrkuwatj.

Dhiyaņuny romdhu ñayi dhu ðälkum rerrriw ñayi dhu yaka märr ga wapthun dhuwal rerrri yolñuwal.

Look after your body Dharray nhunuwuy nhe rumbalgu



If you feel sick, go to the clinic for a check-up.

Nunhi nhe ga ririkthun ga dhäkayñanhamirr, marrtji watjpillil. Walal dhu nhäma nhuna.

These days, if you feel sick like with a fever or cough the clinic staff will give you a test for Covid-19.

Dhiyañuny bala, ñunhi nhe dhu ririkthun gormur'yu wo guyiñarryu wo ñalparr'yu, walal dhu check-up nhuna Covid-19-gu.

Don't feel shame or worry about getting a check-up Yaka gori, marrtji djakap-gu



It is better to get a check-up to make sure you follow the right path so you can get better and healthy quickly.

Manymakdja dhukarr, marrtji ga mǎrraŋ djakap, mǎrr nhe dhu manymakthirr ga ǰǎlthirr ganydjarryu.

Get your needles at the clinic **Märraṅ nhuṅuwuy nhe djaktjin watjpilṅur**



All children get baby needles to help them be strong against many different sicknesses.

Bukmak djamarrkuli dhu yothuw djaktjin märram, märr ga dhu gungga'yun walalany bukmakṅur rerrinṅur malaṅur.

Now we also have a needle to help everybody to be strong against Covid-19 sickness. Get your needles at the clinic.

Dhiyaṅuny bala ga djaktjin ṅorra warrpam'ku yolṅuw gungga'yunaraw märr ga limurr dhu ga manymakkum nhina Covid-19-ṅur rerrinṅur. Ga märraman nhuma dhu ga djaktjin-dja ga watjpilṅur mala.

Conclusion

Märi: Gutharra, is this a good story? What do you think?

Märi: Gutharra, nhaltjan nhepiny ga guyaṇa? Nhä dhuwal manymak dhäwu?

Gutharra: Yes, Thank you for this very good story. I will remember this story and share it with my friends.

Gutharra: Yow, Märi manymak dhuwal dhäwu märr ga ṇarra dhu marṅikum ṇarraku lundu'mirriṇuny walalany.





ARDS ABORIGINAL CORPORATION 2022