



# NDEBELE COVID-19 GLOSSARY



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WASH HANDS KEEP A DISTANCE WEAR YOUR MASK OPEN WINDOW

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# NDEBELE COVID-19 GLOSSARY



ENGLISH			NDEBELE	
TERM	PLAIN ENGLISH	DEFINITION	TRANSLATION	TRANSLATION
Anaphylaxis / Anaphylactic shock	<b>Allergic reaction</b>	A very extreme allergic reaction that can cause a shock to the body, and symptoms can include skin rash, nausea, vomiting, difficulty breathing and shock.	<b>Ukuqubuka</b>	Ukuqubuka komzimba okumbi okungahlangahlanganisa umzimba, kubangele iratjhi, ukuyabuka, ukuhlanza, ubudisi bokuphefumula kunye nokuvangana.
Adverse events	<b>Adverse events</b>	Any health problem that happens after a shot or other vaccine. An adverse event might be truly caused by a vaccine, or it might be pure coincidence.	<b>Umthelela omumbi</b>	Umraro wepilo ovela ngemva kokujovala namkha kokuthatha umtjhoga. Kungenzeka ukuthi kubangwe mtjhoga namkha kungathomana nje.
Antibodies	<b>Antibodies</b>	Antibodies are proteins that our bodies make to fight a specific illness that attacks our bodies. They are specialised soldiers that the body uses to fight every illness differently. When a new virus like COVID-19 comes attacks us it take the body a few days to create the soldier antibodies that can attack it.	<b>Ama-Antibodies</b>	Ama-Antibodies maphrotheyini enziwa mzimba wethu ukulwa nobulwelwe obuhlasela imizimba yethu. Masotja womzimba akhethekileko asetjenziswa mizimba yethu ukulwa namalwelwe ngendlela ehlukekileko. Lokha ingogwana efana ne-COVID-19 nayisihlaselako, kuthatha imizimba yethu amalanga ambalwa ukwakha amasotja angasivikela kiyo ngokuyihlasela.
Asymptomatic infection	<b>Asymptomatic</b>	An infection without symptoms; no signs of illness.	<b>Ukungabi namatshwayo</b>	Ubulwelwe obunganamatshwayo; ukungatjengisi amatshwayo wokugula.
Bacteria	<b>Bacteria</b>	Bacteria, also called germs to small to see with the naked eye. Some bacteria are good for you, while others can make you sick.	<b>Umulwana</b>	Umulwana, ekuyingogwana engabonakaliko ngamehlo. Eminye imilwana iwulungele umzimba wakho kanti ke eminye ingakugulisa.
Booster dose	<b>Booster dose</b>	An additional dose of a vaccine needed periodically to 'boost' the immune system.	<b>Umthamo wokungezelela</b>	Umthamo omunye womtjhoga ongezelela ivikeleko namandla wamasotja womziba.
Breaking News	<b>Breaking news</b>	New and important information	<b>Iindaba ezingenako</b>	Ilwazi elitjha neliqakathekileko.
Chest Pain	<b>Chest pain</b>	When you feel pain in your chest or heart area	<b>Iinhlungu esifubeni</b>	Lokha mawuzwa iinhlungu esifubeni namkha magega nendawo yehliziyo.
Clinical trial	<b>Clinical trial</b>	A clinical trial tests the effectiveness and safety of medications, vaccines or medical devices by monitoring their effects on large groups of people. Clinical trials have many steps, and only the last few involve testing medicines on human beings. Clinical trial results are checked by independent experts.	<b>Ukulingelwa</b>	Ukulingelwa kuhlola ukusebenza nokuphepha kwemitjhoga, iinhlahla namkha iinsetjenziswa zezepilo ngokuqalisisa ukusebenza kwazo eenqhemeni ezikulu zabantu. Ukulingelwa kwemitjhoga kunamagadango amanengi, begodu ngilawo ambalwa wokugcina lapho ihlolwa ebantwini. Imiphumela yokulingelwa ihlolwa zizazi ezizijameleko.
Communicable	<b>Communicable</b>	a disease that spreads from one person or animal to another. Some bacteria and viruses can cause communicable diseases. Other diseases – that do not spread from person to person, like diabetes or hypertension – are called 'non-communicable'.	<b>Thathelanako</b>	Ubulwelwe obuthelelana ukusuka emuntwini namkha esilwaneni ukuya komunye. Eminye imilwana neengogwana zingabangele amalwelwe athathelanako. Amanye amalwelwe - angarhatjhekiko hlangana nabantu, njengetjhukela namkha i-hypertension - abizwa ngokuthi 'awathathelani'.

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Comorbidity	<b>Pre-existing disease</b>	Pre-existing diseases are conditions that a person has before getting another disease . In the context of COVID-19 it refers to existing chronic diseases – like cardiovascular diseases, diabetes or hypertension, to name a few – that could put people at a higher risk of developing complications if they are infected with the Corona virus.	<b>Ubulwelwe obukhona</b>	Ubulwelwe obukhona ngilobu umuntu bekavele anabo ngaphambi kokutshwayeleka ngobunye. Naziza ku-COVID-19, kukhulunywa ngobulwelwe obungumahlala-khona - njengobulwelwe behliziyo, itjhukela namkha i-hypertension, hlangana nokhunye - okungakufaka abantu engozini yokuba nemiraro yamaphilo nakungenzeka bona batshwayeleke ngengogwana ye-Corona.
Congregate settings	<b>Gatherings</b>	When many people come together at the same place and at the same time. E.g.: parties, marches, schools, prisons, churches etc.	<b>Imibuthano</b>	Lokha abantu abanengi bahlanganyela endaweni yinye ngesikhathi esisodwa. Isibonelo: amaphathi, imitjhagalo, iinkolo, amajele, amasondo, njalonjalo.
Conspiracy Theory	<b>Fake news story</b>	Fake news stories are created to combined some facts and incorrect information to create a story that will convince people that what is told to them by people in authority like governments, healthcare workers and scientists is not true and will hurt them.	<b>Indaba emamanga</b>	Iindaba ezimamanga zenziwa ngokuhlanganisa amaqiniso namanga ukwenza indaba engabangela bona abantu bakholelwe ekutheni lokho abakutjelwa babantu abasemagunyeni njengorhulumente, abasebenzi bezamaphilo kunye nabosoyansi akusilo iqiniso begodu kuzobalimaza.
Contract	<b>Become infected</b>	To catch or develop a disease – you can become infected COVID-19, for example, by breathing in the droplets of someone who is infected with the virus.	<b>Ukutshwayeleka</b>	Ukutshwayeleka namkha ukungenwa kugula - ungatshwayeleka nge-COVID-19, isibonelo, ngokurhogela amathosana aphuma emuntwini otshwayeleke ngengogwana le.
Contra-indications	<b>Medicines clash</b>	When a medicine, or medical process should not be used because it may be harmful to that person because of pre-existing conditions or other medicine they are using.	<b>Ukutjhayisana komtjhoga</b>	Lokha umtjhoga, namkha ikambiso yezepilo ingakafaneli ukusetjenziswa ngebanga lokuthi ingalimaza umuntu loyo ngebanga lokuthi unobulwelwe anabo namkha kukhona esinye isihlahla asisebenzisako.
Control group	<b>Control group</b>	In any medical experiment or trial, scientists compare what happens when you give an active medicine like a vaccine to one group to what would happen to a group if no active medicine or vaccine was given was given to them. The group that did not receive the active medicine are called the 'control group'.	<b>Isiqhema selawulo</b>	Kwelinye nelinye iilingelelo lezamaphilo, abosoyansi baqathanisa lokho okwenzeka lokha nabanikela isiqhema esithileko omtjhoga nalokha okwenzeka kwesinye isiqhema esingakanikelwa umtjhoga lowo. Isiqhema esingakanikelwa umtjhoga sibizwa ngesiqhema selawulo.
Coping	<b>Coping</b>	Being able to get through a difficult experience.	<b>Ukujamelana</b>	Ikghono lokuqalana nesikhathi esibudisi.
Data	<b>Information</b>	Facts, evidence and statistics	<b>Ilwazi</b>	Amaqiniso, ubufakazi kunye neemalobalo.

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Depopulation	<b>Depopulation</b>	A process of intentionally trying to kill entire populations and communities to have less people in the world. There is a lot of fake news that tries to convince people that COVID-19 or vaccines are meant to kill people.	<b>Ukwehliswa kwesibalo sabantu</b>	Isenzo sokulinga ukubulala isitjhaba namkha umphakathi ngehloso yokwehlisa isibalo sabantu ephasini. Kuneendaba ezinengi ezimamanga ezilinga ukwenza abantu ukuthi bakhollwe ekutheni i-COVID-19 namkha imitjhoga yenzelwe ukubulala abantu.
Depression	<b>Depression</b>	A mental health problem where a person feels very sad, tired, unable to cope and have no energy for long periods of time.	<b>Isidandeleli</b>	Umraro wokugula komkhumbulo lapho umuntu azizwa khona adanile, adiniwe, angakghoni ukuqalana nepilo namkha anganamdlandla.
Diabetic	<b>Diabetic</b>	A person with high or low insulin levels.	<b>Umuntu onetjhukela</b>	Umuntu onetjhukela ephasi namkha epezulu khulu.
Diagnosis / Diagnose	<b>Diagnosis/ Diagnose</b>	To recognise a disease by its signs and symptoms is to diagnose a disease. If you test positive for COVID-19, you have a positive diagnosis for the virus.	<b>Ukufunyanwa kobulwelwe</b>	Ukubona ubulwelwe ngamatshwayo wabo. Nakwenzeka ufunyanwe bona une-COVID-19, ufunyenwe unengogwana le.
DNA	<b>DNA</b>	The small chemical that determines how a cell will look and what it will do.	<b>I-DNA</b>	Ikhemikhali elincani elenza ukuthi iseli liqaleke ngendlela ethize.
Dose	<b>Dose</b>	The amount of a medicine that you are allowed to take at one time	<b>Umthamo</b>	Inani lomtjhoga ovumeleke ukulitatha ngesikhathi esisodwa.
Drug resistance	<b>Vaccine resistant</b>	When a virus changes it becomes hard for the vaccines or medicines that are created to fight it to find it in our bodies. The vaccine will not work if the virus has changed too much.	<b>Bhalela umtjhoga</b>	Lokha ingogwana nayitjhugulukako, kubabudisi ukuthi imitjhoga namkha iinhlaha ezenzelwe ukulwa nayo ziyifumane emizimbeni yethu. Umtjhoga angekhe usebenze nayikhibe ingogwana itjhuguluke kbulu.
Dry Cough	<b>Dry Cough</b>	A cough that feels like it is coming more from irritation in your throat.	<b>Isikwehlela esomileko</b>	Ukukhwehlela okungathi kuyanghware emphinjeni.
Effective	<b>Works</b>	We say a vaccine “works” when it helps the body fight against a virus or bacteria.	<b>Sebenza</b>	Sithi umtjhoga “uyasebenza” lokha nawusiza umzimba bona ulwisane nengogwana namkha umulwana.
Efficacy	<b>Efficacy</b>	This tells us how well a vaccine works. The “efficacy” of a vaccine is its ability to prevent illness and create immunity against a virus or bacteria.	<b>Ukusebenza</b>	Lokhu kusitjela ukuthi umtjhoga usebenza kangangani. “Ukusebenza” komtjhoga likghono lawo lokukhandela ubulwelwe nokwenza bona amasotja womzimba akwazi ukulwa nengogwana namkha umulwana.
Evidence	<b>Proven facts</b>	Facts or information which tell you whether an idea or belief is true.	<b>Amaqiniso afakazelweko</b>	Amaqinisi namkha ilwazi elikutjela ukuthi umbono namkha ikolelo iliqiniso namkha njani.
Experiment	<b>Experiment</b>	An operation or procedure carried out by scientists under controlled conditions in order to discover or investigate something unknown; to test or establish a hypothesis.	<b>Ukuhlelelwa</b>	Ikambiso namkha isenzi sabososayensi ngaphasi kobujamo obulawulwako ukwenzela ukufumana namkha ukuphenya into engaziwako, ukuhlola namkha ukufuniseka.

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Exposed/exposure	<b>Exposed</b>	When you have been in contact with a person that has a virus like COVID-19.	<b>Ukuthintana</b>	Nangabe uthintene nomuntu onengogwana efana ne-COVID-19.
Flattening the curve	<b>Flattening the curve</b>	Slowing down the spread of COVID-19 so that there are not too many people sick at the same time and hospitals are not too busy to help everyone.	<b>Ukugangadela umbundu</b>	Ukwehlisa izinga lokurhatjheka kwe-COVID-19 ukwenzela bona kungabi nabantu abanengi abagulako ngeskhathi sinye nokuthi iimbhedlela zingazali khulu bezibhalelwe kusiza abantu.
Headache	<b>Headache</b>	Pain in your head	<b>Ukuphathwa yihloko</b>	Ihloko ebuhlungu.
High fever	<b>High fever</b>	When your temperature is above 37 degrees, usually leads to sweating.	<b>I-fever ephezulu</b>	Lokha ukutjhisa komzimba nakungaphezu kwe37 degrees kubangela ukujuluka kanengi.
Hotline	<b>Hotline</b>	A phone services that provides specific information.	<b>Umtato</b>	Umtato onikela ngelwazi elithize.
Hypertension	<b>Hypertension</b>	High blood pressure.	<b>I-hypertension</b>	Ukupompekela phezulu kweengazi.
Hypotension	<b>Hypotension</b>	Low blood pressure.	<b>I-hypertension</b>	Ukupompekela phasi kweengazi.
Immune response	<b>Immune response</b>	The way you body fights against bacteria, viruses, and substances that appear foreign and harmful.	<b>Ivikeleko lamasotja womzimba</b>	Indlela umzimba wakho olwa ngayo nemilwana, iingogwana, nokhunye okungafunekiko emzimbeni wakho.
Immune system	<b>Immune system</b>	All the parts of your body that fights against virus and germ. The immune system keeps a record of every germ/ bacteria/virus it has ever defeated so it can recognise and destroy it quickly if it enters the body again. We say the immune system has a memory.	<b>Amasotja womzimba</b>	Zoke iincenye zomzimba wakho ezilwa neengogwana nemilwana. Amasotja womzimba ahlala agade zoke iingogwana, imilwana namagulo akhe alwa nawo ukwenzela bona awahlasele begodu awahlule msinyana nakaqeda ukungena emzimbeni wakho godu. Sithi amasotja womzimba awakhohlwa.
Immunisation	<b>Immunisation</b>	Is the process where a person's body is given a vaccine that helps it fight a new virus like COVID-19.	<b>Ukugoma</b>	Kukulokha umzimba womuntu nawunikelwa umtjhoga owusiza bona ulwe nengogwana etja efana ne-COVID-19.
Immunity	<b>Immunity</b>	When your immune system has a memory of a virus and sends the correct antibodies to fight the virus. This memory can be created by a vaccine.	<b>Ivikeleko</b>	Lokha amasotja womzimba wakho nawakhumbula iingogwana ekhe zakuhlasela bese athumela ama-antibodies ayokulwa neengogwana lezi. Umkhumbulo lo ungakhiwa mtjhoga.
Immuno-compromised	<b>Immuno-compromised</b>	Having a weak ability for your body to fight a disease because of pre-existing diseases.	<b>Ukufadalala kwamasotja womzimba</b>	Lokha umzimba wakho nawubhalelwa kukulwa nokugula ngebanga lamalwelwe akhona.
Incubate	<b>Incubate</b>	Before you get symptoms of a particular illness, the bacteria or virus that causes disease is spreading slowly in your body to make you feel sick.	<b>Fukamela</b>	Ngaphambi kokuthi utjengise amatshwayo wokugula okuthize, umulwana namkha ingogwana ebangela ukugula lokho irhatjheka kabuthaka ngaphakathi kwakho ungazi.
Infectious	<b>Infectious</b>	Contagious/catchy – capable of making an infection.	<b>Ukutshwayeleka</b>	Kuyatshwayela/thathelana - kubangela ukutshayeleka.

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Inoculation	<b>Inoculation</b>	Another word for vaccination or immunisation – the process where you become immune to an infectious disease.	<b>Ukujovela</b>	Elineye igama lokugomela namkha ukuhlabela - ikambiso eyenza bona ungasangenwa kugula.
Interaction	<b>How medicines mix</b>	Some medicines have effects on each other, or may make it difficult or easier for other medicines to work. This can cause side effects or can make a medicine work better. Always tell a doctor what medicine you are using when they need to give you more medicine.	<b>Indlela ekuhlangana ngayo iinhlaha</b>	Ezinye iinhlaha ziyathikamezana, namkha zingenza bona kube budisi namkha kubelula ukuthi ezinye zisebenze. Lokhu kungabangela ukuhlangahlangana namkha kwenze ukuthi isihlaha sisebenze ncono. Ngaso soke isikhathi, tjela udorhodere ngomtjhoga owusebenzisa lokha nakakunikela omunye.
Jab	<b>Jab</b>	A word that describes getting a vaccine dose.	<b>Umjovo</b>	Igama elihlathulula ukufumana umthamo womjovo.
Laboratory		A place equipped for experimental study in a science or for testing and analysis a research.	<b>I-Labhorathri</b>	Indawi yokwenza irhubhululo nehlolo lezesayensi.
Lockdown	<b>Lockdown</b>	A government regulation to limits people's movements and makes certain health behaviours compulsory.	<b>Ukuqinteliswa kwamakhambo</b>	Umgomo wakarhulumente oqintelisa imikhambo yabantu neyenza ukuthi ukuziphatha okuthileko kukateleleke.
Mandatory	<b>Compulsory</b>	Required by a law or rule: obligatory/ compulsory.	<b>Katelelekile</b>	Okufunekako ngokomthetho namkha ngokwekambiso: funeko/katelelekile.
Microscopic	<b>Very small</b>	Something so small that you cannot see it with the naked eye – something you can only see through a microscope. Bacteria and viruses are microscopic, for example.	<b>Ncani khulu</b>	Into encani kangokuthi awukhoni ukuyibona ngelihlo lenyana - Into ongayibona kwaphela nge-microscope. Imilwana neengogwana zincani khulu, isibonelo.
Mimic	<b>Copy</b>	To copy / look-like / imitate something.	<b>Khophi</b>	Ukukopa/fanako/ukulingisa into
mRNA	<b>mRNA</b>	Messenger-RNA are small chemicals that send messages to your cells to tell them about how a new virus that has not attacked the body yet will look. It is used in vaccines to create immune system memory.	<b>Mrna</b>	Ama-Messenger-RNA makhemikhali amancani athumela imilayezo emaselini wakho ukuwatjela ukuthi ingogwana etja engakahaseli umzimba izokuba njani. Asetjenziswa emitjhogeni ukwenza ukuthi amasotjha womzimba akhumbule.
Mucus	<b>Mucus</b>	A slime found in the body.	<b>Thimila</b>	Iketjezi elifumaneka emzimbeni.
Myths	<b>Myths</b>	A widely held but false belief or idea. There are many myths – otherwise known as fake news or fictions – about COVID-19 and vaccines.	<b>Iinolwana</b>	Into ekholelwa linengi kodwana engasilo iqiniso. Kuneenolwana ezinengi - ezaziwa ngeendaba ezimamanga namkha ezingekho - nge-COVID-19 nemitjhoga.
Non-pharmaceutical interventions	<b>Health behaviours</b>	Things that every person can do to prevent a disease that does not involve taking medicine.	<b>Ukuziphatha kwepilo</b>	Izinto ezingenziwa ngiwo woke umuntu ukukhandela ubulwewe ezingabandakanyi ukusebenzisa iinhlaha.
Nurse	<b>Nurse</b>	A health worker that is the first and most regular person to give you care at a medical facility.	<b>Inesi</b>	Umsebenzi wezepilo onikela ngesizo netjhejo ezikweni lezamaphilo
Nursing	<b>Nursing</b>	A job where people care for the medical needs of people in clinics and hospitals.	<b>Ubunesi</b>	Umsebenzi lapho abantu banikela khona ngesizo lezepilo nokuhlenga ematlinigi neembhedlela.

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Open spaces	<b>Open spaces</b>	Places that are outdoors and have a lot of fresh air	<b>lindawo ezivulekileko</b>	lindawo ezingaphandle nezibetha umoya.
Pandemic	<b>Pandemic</b>	A pandemic is an when a disease spreads across a large region, for instance multiple continents or worldwide, affecting a large number of people.	<b>lhlekelele</b>	Ihlekelele kulokha ubulwelwe burhatjheka esiphandeni esikhulu, isibonelo eenarhakazini ezihlukahlukeneko namkha ephasini loke, beyithinte abantu abanengi khulu.
PCR test	<b>COVID test</b>	A test that uses a sample from the back of your nose and mouth to know if there is COVID-19 virus in your body. The test can be done in a clinic, hospital, laboratory or even in your car.	<b>Ukuhlolwa i-COVID</b>	Ukuhlolwa okusebenzisa isampula ethethwe emphinjeni namkha epumulweni ukubona ukuthi ikhona namkha njani na ingogwana ye-COVID-19 emzimbeni wakho. Ungahlolwa etlinigi, esibhedlela, elaborathri namkha ngekoloyini yakho imbala.
Peer review	<b>Independently tested</b>	The process where scientists who were not involved with the trial – or who are independent experts – check test results for a scientific study is called peer review. This is a way of making sure that the results of an experiment/ trial/study are accurate.	<b>Ukuhlolwa okuzijameleko</b>	Ikambiso lapho abososayensi egade bangasiyo incenye yokuhlola - namkha abazizazi ezizijameleko - bahlola khona imiphumela yerhubhululo lezesayensi ibizwa nge-peer review. Le yindlela yokuqinisekisa ukuthi imiphumela yokulingelelwa namkha yerhubhululo/ ukuhlola inqophile.
Placebo	<b>Placebo</b>	Substance or treatment that has no effect on human beings.	<b>I-Plasibo</b>	Ukulapha namkha ikambiso enganamthelela ebantwini.
Population immunity	<b>Population immunity</b>	Also known as herd immunity', population immunity is when at least 70% of a community have antibodies that help them fight a new virus like COVID-19. This can happen through many people being infected with the virus or through many people getting a vaccine.	<b>Ivikeleko lomphakathi</b>	Laziwa godu njengevikeleko lomhlambi, ivikeleko lomphakathi kukulokha i-70% yophakathi nayinama-antibodies ewasiza ekulweni nengogwana efana ne-COVID-19. Lokhu kungenzeka ngokuthi abantu abanengi batheleleke ngengogwana leyo namkha bafumane umtjhoga.
PPE	<b>PPE</b>	Personal protective equipment (PPE), is equipment worn to minimize exposure to hazards that cause injuries and illnesses. Masks are part of PPE.	<b>I-PPE</b>	I-Personal Protective Equipment, ziinsetjenziswa ezimbathelwa ukwkehlisa amathuba wokutshwayeleka namkha wokukhandela ukulimala nokugula. Ama-mask yincenye ye-PPE.
Public health	<b>Public Health</b>	Public health is the process of protecting and improving the health of people and their communities.	<b>Ipilo yomphakathi</b>	Yikambiso yokuvikela nokuthuthukisa ipilo yabantu kunye nemiphakathi yabo
Public spaces	<b>Public spaces</b>	Any public place where people who are not from home can gather.	<b>lindawo zomphakathi</b>	Enye nanye indawo lapho kuhlanyela khona abantu abangaveli ekhayeni linye.
Quarantine	<b>Quarantine</b>	When a person who is or could be infected with a virus needs to stop being with other people so that they do not spread the virus.	<b>Ukuhlala wedwana</b>	Lokha umuntu otshwayelekileko namkha ekungenzeka bona utheleleke ngengogwana kutlhogeka bona azivalele ngeqadi yedwana ukwenzela ukuthi kungatheleleki abanye abantu begodu kurhatjheke ingogwana.

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Register	<b>Register</b>	The process using your phone or computer to give your details so that you can get the vaccine.	<b>Ukutlolisa</b>	Ikambiso yokusebenzisa ufunjathwako wakho namkha ikhompuyutha ukunikela ngeminingwana yakho ukwenzela ukuthi ufumane umtjhoga.
Replicate		When a virus is spreading in your body, it is making more copies of the virus.	<b>Ukuziphindaphinda</b>	Lokha ingogwana nayirhatjheka emzimbeni wakho, yenza amanye amakhophi wayo.
Review	<b>Review</b>	The process of checking if a vaccine is safe before it gets approved by government. Evidence from more than one phase of a clinical trial can be reviewed at the same time while the experiment continues.	<b>Ukubuyekeza</b>	Ikambiso yokuhlola ukuthi umtjhoga uphephile na ngaphambi kokuthi ugunyazwe ngurhulumente. Ubufakazi obuvela ekuhlolweni kwemtjhoga ekuhlukahlukeneko bungabuyekezwa ngesikhathi sinye lokha ihlolo lelo lisaragela phambili.
Saline	<b>Salt water</b>	A solution of salt in water.	<b>Amanzi wetswayi</b>	Umthamo wamanzi anetshwayi
Sanitize	<b>Sanitise</b>	To clean you hands with an alcohol based substance.	<b>Hlanzekisa</b>	Ukuhlwengisa izandla ngesihlanzekisi esine-alikhoholi.
SARS CoV-2	<b>COVID-19</b>	COVID-19, also known as the Corona Virus or SARS-CoV-2, is a mild to severe illness attacks parts of the body that help people breath. It spreads through droplets in the air or from touching people or thing that have the droplets that have the virus in it.	<b>COVID-19</b>	I-COVID-19, ebuya yaziwe nge-Coronavirus namkha i-SARS-Cov-2, bulwelwe obuphakatjhana ukuya ebudisini obuhlasela amalunga womzimba asiza ekuphefumuleni. Irhatjhela ngamathosana emoyeni namkha ngokuthinana nomuntu namkha indawo enamathosana anengogwana.
Screening	<b>Screening</b>	Screening is questions asked to determine a person's risk of infection for a particular disease.	<b>Ukuhlola</b>	Kulokha umuntu nakahlonywa ngemibuzo ukufumana ubungozi bokutheleleka ngobulwelwe obuthize.
Self-Isolation	<b>Self-isolation</b>	Is a way to keep yourself from possibly infecting others if you think you might be infected. It involves limiting contact with public places, relatives, friends, colleagues, and public transport.	<b>Ukuzivalela wedwana</b>	Yindlela yokukhanela ukuthi ungatheleli abanye nawucabanga ukuthi uthelelekile. Ifaka hlangana ukwehlisa ukuhlangana nabanye tihatjhalazi, iinhlolo, abangani, abalingani kunye nokusebenzisa iinthuthi zomphakathi.
Social distancing	<b>Social distancing</b>	The practice of maintaining a greater than usual physical distance (such as 1.5 meters or more) from other people.	<b>Ukuqalanganana</b>	Ikambiso yokutjhiya ibanga elithileko hlangana nabantu (njenge-1.5 meters namkha ngaphezulu)
Soreness	<b>Soreness</b>	Pain in your muscles and joints.	<b>Ubuhlungu</b>	Ubuhlungu emzimbeni nemajoyinini.
Spike Protein	<b>Spike protein</b>	The COVID-19 virus looks like it was many small stick on it. These sticks have bad protein that help COVID-19 to enter the body and attach to parts of the body that have good protein that it starts to attack.	<b>I-Spike protein</b>	Ingogwana ye-COVID-19 ibonakala ngathi inamahlabahlabla. Amahlabahlabla la ane-phrotheni embi esiza i-COVID-19 ukuthi ingene emzimbeni bese izinamathisela eencenyeni zawo ezinephrotheni elungileko bese ithoma iyazihlasela.
Susceptible	<b>Vulnerable</b>	When a person can get sick quickly or because of pre-existing diseases could get very sick.	<b>Ngozini</b>	Lokha umuntu nakangagula msinyana namkha ngebanga lobulwelwe avele anabo kunekghonakalo yokuthi angagula kumbi.



# NDEBELE COVID-19 GLOSSARY



ENGLISH			NDEBELE	
TERM	PLAIN ENGLISH	DEFINITION	TRANSLATION	TRANSLATION
Symptoms	<b>Symptoms</b>	Physical or mental signs of an illness. The most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash.	<b>Amatshwayo</b>	Amatshwayo womzimba namkha womkhumbulo atjengisa ukugula. Amatshwayo avame khulu we-COVID-19 yi-fever, umphimbo owomileko nokudinwa khulu. Amanye angakavami khulu kuphelelwe kunambitha, kunukelela, iinhlungu neenhlabi, ihloko, umphimbo obuhlungu, ukuvaleka iimpumulo, amehlo abomvu, ukuthulula namkha ukuqubuka kwesikhumba.
Technology	<b>Technology</b>	New tools or processes.	<b>Itheknoloji</b>	Amathulusi amatjha namkha ikambiso
Tight Chest	<b>Tight Chest</b>	When a person's chest hurts and they feel like breathing is difficult.	<b>Ukuvaleka kwesifuba</b>	Lokha isifuba somuntu nasibuhlungu begodu umuntu ezwa ngathi akasakghoni nokuphefumula.
Tiredness	<b>Tiredness</b>	Feeling tire more than usual	<b>Ukudinwa</b>	Ukuzizwa udinwe ngaphezulu kokujoyelekileko.
Transmission	<b>Transmission</b>	Is the passing/spreading of a disease from an infected individual or group to a previously uninfected individual or group.	<b>Ukuthela</b>	Kudlulela nokurhatjekela kobulwelwe komunye namkha esiqhemeni egade singakatheleleki phambilini.
Transmit	<b>Pass on</b>	Cause (something) to pass on from one person or place to another. E.g.: COVID-19.	<b>Ukudlulisela</b>	Ukubangela ukuthi into idlulele komunye umuntu njenge-COVID-19
Trial	<b>Test</b>	A test or experiment, usually conducted under specific condition.	<b>Ukuhlola</b>	Ukulingelela namkha ukuhlolwa, kanengi okwenziwa naphasi kobujamo obuthize.
Vaccine	<b>Vaccine</b>	A medicine that is injected into the body to help the body learn how to fight a new virus. It helps the immune system build memory so if the virus enters the body, the body is ready to fight.	<b>Umtjhoga</b>	Isihlahla esijoviwa emzimbeni ukuwusiza bona ulwe nengogwana etja. Sisiza amasotja womzimba ukuthi azi ingogwana lokha nayingena emzimbeni bese ayayilwisa.
Vaccine hesitancy	<b>Vaccine hesitancy</b>	When people delay taking the vaccine because they do not know if it works or are afraid of the side-effects.	<b>Ukungabaza</b>	Lokha abantu nabariyadako ukuthatha umtjhoga ngombana bangazi ukuthi uzokusebenza namkha basaba umthela wawo.
Variant	<b>Variant</b>	A form or version of something that differs in some respect from other forms of the same thing; a new or mutated version of a virus. A variant of COVID-19 that has been identified in South Africa is called 501Y.V2.	<b>Umhlobo</b>	Umhlobo namkha enye into ehlukeleko kunale eyaziwako; imihlobo emitjha yengogwana. Omunye umhlobo wengogwana ye-COVID-19 ofunyenwe e-Sewula Afrika waziwa nge-501Y.V2..
Ventilation	<b>Ventilation</b>	The provision of fresh air to a room, building or building. A space with good airflow is well ventilated.	<b>Umoya</b>	Ukuvulela umoya ngekumbeni namkha emakhiweni. Indawo ebetha umoya.
Viral vector vaccine	<b>Viral vector vaccine</b>	A weak and changed form of a virus is used in a vaccine to go into our bodies tell the body how the real virus looks and what it does. This helps the body fight when the virus attack the body.	<b>I-viral vector vaccine</b>	Ingogwana enganamandla esetjenziswa emtjhogeni efakwa emzimbeni ukwenzela ukuthi itjele umzimba ukuthi ingogwana leyo injani nokyithi yenzani. Lokhu kusiza umzimba ukuthi ulwe nayo lokha nayihlaselako.

# NDEBELE COVID-19 GLOSSARY



ENGLISH			NDEBELE	
TERM	PLAIN ENGLISH	DEFINITION	TRANSLATION	TRANSLATION
Virus	<b>Virus</b>	A virus is an infectious organism of small size and simple composition that can multiply only in living cells of animals, humans, plants, or bacteria.	<b>Ingogwana</b>	Ingogwana sinambuzana esitshwayelanako esincani khulu esingabonakaliko esiphila emaseleni aphilako kwaphela weenlwana, wabantu, iintjalo namkha imilwana.
Virus Mutations	<b>Virus changes</b>	Changes to the structure of a virus which can change to how it affects the body. All viruses change over time, either because of changes to the environment or because when the virus is spreading there may be mistakes or changes how it copies itself.	<b>Ukutjhuguluka kwengogwana</b>	Ukutjhuguluka esakhiweni sengogwana okutjhentjha indlela ethinta ngayo umzimba. Zoke iingogwana ziyatjhuguluka ngokukhamba kwesikhathi, ngebanga lokutjhuguluka kwebhoduluko namkha ngebanga lokuthi lokha ingogwana nayirhatjhekako kungenzeka ukuthi kube neemphoso namkha amatjhuguluko endleleni eziphindaphinda ngayo.
Vulnerable	<b>Vulnerable</b>	A person in need of special care, support, or protection because of age, disability, or risk of abuse or neglect.	<b>Ngozini</b>	Umuntu othhoga itjhejo elikhethekileko, isekelo namkha ivikeleko ngebanga lokukhula, ukukhubazeka namkha ukuthoriseka nokunganakwa.
Wave	<b>Wave</b>	A wave happens when the number of people infected by COVID-19 increases very fast and the number of people in hospitals of dying is very high.	<b>Ihlasele</b>	Ihlasele lenzeka lokha isibalo sabantu abatheleleke nge-COVID-19 sikhuphuka khulu begodu nesibalo sabantu ababhubhela esibhedlela siphezulu khulu.

**METHODOLOGY:** The COVID-19 Glossary is a tool designed to simplify and translate the medical and scientific language used during the pandemic. Simple language allows people to communicate complex ideas more effectively and in local languages that people identify with.

The COVID-19 Glossary was developed in a 4 step process:

**STEP 1 LIST:** A list of commonly used terms to communicate about COVID-19 was created and workshopped with people with various backgrounds and expertise.

**STEP 2 DEFINE:** Research was done to define each concept.

**STEP 3 SIMPLIFY:** Workshops with communicators were conducted to determine a simpler word for each commonly used term. Health experts were also consulted to confirm that simplified terms still conveyed terms accurately

**STEP 4 TRANSLATE:** The glossary of terms and definitions was translated into all 11 official languages by an individual. Each translation was discussed and validated in a language specific workshop.

[Covidcomms.org.za/glossary](https://Covidcomms.org.za/glossary)