



# SESOTHO COVID-19 GLOSSARY



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**WASH HANDS    KEEP A DISTANCE    WEAR YOUR MASK    OPEN WINDOWS**

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# SESOTHO COVID-19 GLOSSARY



ENGLISH			SESOTHO	
TERM	PLAIN ENGLISH	DEFINITION	PLAIN	DEFINITION
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>Ditlamorao (ketsahalo tse mpe)</b>	Bothata bofe kapa bofe bo ka hlahang ka morao ho amohela ente. Bothata bona bo ka bakwa ke ente kapa hwa iketsahalla fela hore o kule.
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>(Tshwaetso mmele) se sa tsamaisaneng le mmele. Dihanammele</b>	Ho sa tsamaisane (dumellane) le mmele ho bakang tshitiso ya phallo ya madi mmeleng, o ka bona ka matshwao a kang makgopo a masesane, ho nyekelwa ke pelo, ho hlatsa le ho hema ka boima.
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>Masole a mmele</b>	Mmele ya rona e aha di matlafatsi tse nang le bokgoni ba ho lwantsha mafu a fapaneng a ka re hlaselang, di matlafatsi tsena eba ona masole e mmele o a sebedisang ho lwantsha ho kula ka tsela tse fapaneng. Ha kokwanahloko e ntjha jwalo ka COVID-19 e leka ho re hlasela, mmele ya rona enka matsatsi a se makae ho kopanya masole a mmele a nepahetseng ho ka e lwantsha.
Asymptomatic infection	<b>Asymptomatic</b>	An infection without symptoms; no signs of illness.	<b>(Ho sa bonahaleng) disabonweng</b>	Ho kula empa o sa ikutlwi ebile o sa bontshe matshwao.
Bacteria	<b>Bacteria</b>	Bacteria, also called germs too small to see with the naked eye. Some bacteria are good for you, while others can make you sick.	<b>Kokwanahloko</b>	Ke kokwanahloko kapa tshila e sa bonweng ka mahlo fela, hona le tse mmele o di hlokang le tse ka re kudisang.
Booster dose	<b>Booster dose</b>	An additional dose of a vaccine needed periodically to 'boost' the immune system.	<b>Booster dose (tekanyetso ya di matlafatsi)</b>	Ente e lekanyeditsweng e hlajwang nako le nako ho thusa ho phahamisa masole a mmele.
Breaking news	<b>Breaking news</b>	New and important information.	<b>Ditaba tsa bohlokwa (ditaba)</b>	Ditaba tse ntjha tsa bohlokwa .
Chest pain	<b>Chest pain</b>	When you feel pain in your chest or heart area.	<b>Sefuba se bohloko</b>	Ha o utlwa ho le bohloko ka sefubeng kapa haufi le pelo ya hao.
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>Teko tsa bongaka (diteko)</b>	Ke diteko tse etswang ho netefatsa tshebetso le polokeho ya meriana, di ente le di sebediswa tsa bophelo bo botle. Di teko tsena di na le mekga e fapaneng, mme ke tse mmalwa tse ho sebediswang sehlopha sa batho ho fihlella di pheto tse fapaneng. Di teko tsena di lekolwa ke ditsibi tse ikemetseng.
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>Tshwaetsano (lefu le tshwaetsanang)</b>	Ke bolwetsi bo botshwaetsanang pakeng tsa batho kapa diphoofo. Kokwanahloko kapa mafu a mang a ka baka ho kula ho tshwaetsanang. Ha a mang a kang lefu la tswekere kapa kगतello ya madi ese mafu a tshwaetsanang.

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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>Lefu le sentse le le teng</b>	Ke mafu a neng a ntse a le teng pele ho fihla le letjha. Mona re bua ka mafu a sa phokoleheng papisong le COVID-19- e kaba lefu la pelo, tswekere, kगतello ya madi ho fana ka a mmalwa, ana a ka baka mathata ha motho a ka tshwarwa ke Coronavirus.
Congregate settings	<b>Gatherings</b>	When many people come together at the same place and at the same time. Eg: parties, marches, schools, prisons, churches etc.	<b>Dikopano</b>	Moo batho ba bangata ba kopaneng sebakeng se le seng ka nako e lenngwe. E kaba moketeng, mohwantong, sekolong, tjhankaneng, di kerekeng le tse ding.
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>Ditaba tsa leshano (ditaba tsa bohatal</b>	Ke ditaba tse senang nnete tse iketseditsweng mme tsa kopanywa le dintlha le lesedi le fosahetseng ka sepheho sa ho kgodisa batho hore ditaelo tse tswang mmusong, ho basebeleletsi ba tsa bophelo bo botle mmoho le ditsibi ha di molemong wa batho mme di etseditsewe ho ba utlwiswa bohloko.
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>Ho fumana tshwaetso</b>	Ho tshwaetswa kapa ho kudiswa - O ka tshwaetswa ke COVID-19, mohlala: ka ho hema marothodi a fumang moyeng a kokwanahloko ena hotswa motho e mong ya nang le tshwaetso.
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>Ho se dumellane ha meriana e fapaneng</b>	Ha meriana kapa ditshebeletso tse ding tsa bongaka di sa tlameha ho sebediswa hobane di ka baka kotsi ho motho ya seng antse a kula, a enwa meriana e meng bakeng sa mafu a mang ka ba la ho se dumellane ha meriana eo.
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>Sehlopha sa taolo</b>	Ha ditsibi di etsa diteko bakeng sa lefu le itseng, ba nka sehlopha se ba tla sefa meriana mme ho be le se sa fuwang letho ho fumana di pheto tse fapaneng. Sehlopha se sa fuwang letho ke sona se re se bitsang sa taolo .
Coping	<b>Coping</b>	Being able to get through a difficult experience.		Ho eba le bokgoni ba ho feta nakong tse thata.
Data	<b>Information</b>	Facts, evidence and statistics.	<b>Tlhalisoleseding</b>	Lintlha, Bopaki le Dipalo-palo (Dipoelo)
Depopulation	<b>Depopulation</b>	A process of intentionally trying to kills 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>Ho fokotsa batho</b>	Ke ho sebedi mokgwa o itseng ho bolaya batho le metse ya bona ka maikemisetso a ho fokotsa palo ya batho ba teng lefatsheng. Jwalo ka ditaba tsa leshano tse le kang ho kgodisa batho hore COVID-19 mmoho le ente di etseditsewe ho bolaya batho.

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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>Kgatello ya maikutlo</b>	Ke bothata ba bohloko ba kelelo moo motho a ikutlwang a sa thaba, a kgathetse, ase a sa kgone ebile a sena matla boholo ba nako.
Diabetic	<b>Diabetic</b>	A person with high or low insulin levels.	<b>Tswekere</b>	Motho e tswekere ya hae e ka phahamang kapa ya eba ka tlase ho di tekanyetso tsa mmele.
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>Ho lemoha</b>	Ho lekola lefu le itseng ka matshwao a lona ke ho lemoha lefu leo. Ha eba eba diteko tsa hao di kgutla di bontsha o na le tshwaetso ya COVID-19, Di tekolo tsa hao ke ha di bontsha hantle o na le tshwaetso.
DNA	<b>DNA</b>	The small chemical that determines how a cell will look and what it will do.	<b>DNA</b>	
Dose	<b>Dose</b>	The amount of a medicine that you are allowed to take at one time.	<b>Tekanyetso</b>	Bonyane ba moriana oo o dumelletsweng ho onwa ka nako e lengwe.
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>Ho hana ente</b>	Ha kokwanahloko e fetoha, ho eba boima bakeng sa meriana le ente seng di entswe bakeng sa yona ho e fumana le ho e lwantsha mmeleng ya rona. Ente e keke ya sebetsa ha kokwanahloko e fetofetoha hangata.
Dry cough	<b>Dry cough</b>	A cough that feels like it is coming more from irritation in your throat.	<b>Ho hohlela ho omeletseng</b>	Ho hohlela hona o ka utlwa eka hotswa kgogothong e bohloko.
Effective	<b>Works</b>	We say a vaccine “works” when it helps the body fight against a virus or bacteria.	<b>E a sebetsa</b>	Re re ente “e a sebetsa” ha e thusa mmele ho lwana kgahlano le dikokwanahloko tse fapaneng.
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>Tshebetso</b>	Sena se bontsha hore ente e sebetsa hole hokae. “Tshebetso” ya ente e bonwa ke ha ena le bokgoni ba ho sireletsa kgahlano le ho kula, mme e o tshireletsa hore o se ke wa kula kapa wa kenwa ke dikokwanahloko.
Evidence	<b>Proven facts</b>	Facts or information which tell you whether an idea or belief is true.	<b>Dinnete tse nang le bopaki</b>	Di ntlha kapa tlhahisoleseding e o pakelang ha eba mohopolo o itseng ke tumelo fela kapa ke nnete
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>Teko</b>	Ke lenaneo leo ditsibi di le sebedisang ho beha se seng leihlo ka maikemisetso a ho fumana kapa ho fuputsa disatsejweng, ho etsa diteko le hotla ka bopaki ba mohopolo oitseng.
Exposed/exposure	<b>Exposed</b>	When you have been in contact with a person that has a virus like COVID-19.		Ha oile wa kopana le motho ya nang le kokwanahloko e tshwanang le COVID-19.

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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.		Ho fokotsa ho ata ha tshwaetso ya COVID-19 le ho fokotsa palo ya batho ba kulang ka nako e lenngwe hore dipetlele tsa rona di se ke tsa tlala haholo moo ba sitwang le ho thusa batho bohle.
Headache	<b>Headache</b>	Pain in your head.	<b>Hloho e opang</b>	Bohloko bo opisang hloho.
High fever	<b>High fever</b>	When your temperature is above 37 degrees usually leads to sweating.	<b>Motjheso o hodimo</b>	Ha motjheso wa hao ole ka hodimo ho 37° ha ngata ho lebisa ho fufulelwa.
Hotline	<b>Hotline</b>	A phone services that provides specific information.	<b>Hotline (nomoro ya tshebetso)</b>	Mohala o sebediswang bakeng sa ho fana ka lesedi la di tshebetsetso tse itseng.
Hypertension	<b>Hypertension</b>	High blood pressure.	<b>Kgatello ya madi</b>	Kgatello e phahameng ya madi.
Hypotension	<b>Hypotension</b>	Low blood pressure.	<b>Kgatello ya madi</b>	Kgatello e tlase ya madi.
Immune response	<b>Immune response</b>	The way you body fights against bacteria, viruses, and substances that appear foreign and harmful.	<b>Karabelo ya bokgoni ba ho itshereletsa kgahlano le mafu</b>	Ke ka moo mmele wa hao o itwanelang kgahlano le kokwanahloko, mafu le dintho tse sa tlamehang ho ba mmeleng wa hao mmele di ka nna tsa o bakela mahloko aitseng.
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>Sesole sa mmele</b>	Ditho tse fapaneng tsa mmele tse sebetsang mmoho ho lwana kgahlano le kokwanahloko le tshila. Masole a mmele a hopola tshwaetso, kokwanahloko le lefu lefe kapa lefe obileng le lona mmele wa le hlola. Sena ke hore nakong etlang ha o ka kula hape e hlokomele kapele mmele ehle e lwantshe lefu leo. Re bolela hore ditho tsa mmele di a hopola.
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>Ho entwa</b>	Ke tshebetsetso eo mmele wa motho o fuwang ente e thusang ho itwanela kgahlano le mafu a matjha a kang 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>Ho tshireletseha</b>	Ha masole a mmele wa hao a hopola kokwanahloko a romella di lwantsha kokwanahloko tse nepahetseng ho lwantsha kokwanahloko eo. Ho hopola hona ho ka aha ka ho enta
Immuno-compromised	<b>Immuno-compromised</b>	Having a weak ability for your body to fight a disease because of pre-existing diseases.	<b>Kotsing ya ho kula</b>	Ha mmele wa hao o sena matla a ho ka kgona ho lwantsha kokwanahloko ka lebaka la mafu a mang a sentse a o tshwere
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>Hlahisa (thlaiso)</b>	Pele o ka bona matshwao a mafu a itseng, kokwanahloko e bakang ho kula e se ente e kena mmeleng hanyane hanyane pele o ikutiwa o kula.
Infectious	<b>Infectious</b>	Contagious/catchy – capable of making an infection.	<b>Tshwaetso</b>	Ea hahlamela/tshwaetsa - e ka baka ho ka fumana di tshwaetso.
Inoculation	<b>Inoculation</b>	Another word for vaccination or immunisation – the process where you become immune to an infectious disease.	<b>Ho enta</b>	Lentswe le sebediswang bakeng sa ho aha masole a mmele - tshebetsetso e thusang kgahlano le ho kula.

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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>Ka moo meriana e tswakang ka teng</b>	Meriana e meng e ama emeng, e ka etsa ho be bonolo kapa bobebe ho ka e sebedisa hore e meng e sebetse. Sena se ka baka ditlamorao kapa tsa thusa meriana emeng ho sebetse betere. Ka mehla bolella ngaka ya hao ka meriana o se ntse oe sebedisa pele o amohela e meng.
Jab	<b>Jab</b>	A word that describes getting a vaccine dose.	<b>Ho hlaba</b>	Lentswe le hlalolang ho hlaba bale ya ente.
Laboratory		A place equipped for experimental study in a science or for testing and analysis a research.		Sebaka se nang le di sebediswa tsohle tsa ho ka etsa diteko tsa saenase kapa ho tutsa ho itseng le ho etsa di patlisiso.
Lockdown	<b>Lockdown</b>	A government regulation to limits people's movements and makes certain health behaviours compulsory.	<b>Ho kginwa ha di tshebetso tse itseng</b>	Engwe ya melao ya mmuso e kginang metsamao ya batho mme e qobella boitshwaro bo nepahetseng ba bophelo bo botle.
Mandatory	<b>Compulsory</b>	Required by a law or rule: obligatory/ compulsory.	<b>Qobello</b>	Ke molao kapa taelo: wa qobelleha/ tlameha.
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>E nyenyane haholo</b>	Ke nthonyana e nyenyane o kekeng wa e bona ka mahlo fela- ke ntho o ka e bonang ka microscope. Dikokwanahloko le tsona di ka bonwa ka microscope.
Mimic	<b>Copy</b>	To copy / look-like / imitate something.	<b>Kopisa</b>	Ho qopitsa, etsisa hohong.
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>	Morumua- RNA ke di khemikhale tse romelang molaetsa ho ditho tsa mmele ho di tsibisa ka kokwanahloko e so di hlaseleng. E sebediswa le ka hare ho ente ho bopa molaetsa wa kgopolo.
Mucus	<b>Mucus</b>	A slim found in the body.	<b>Sekgohlela</b>	Ke lero le fumanwang mmeleng.
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>Ditumelo (tumelo)</b>	Ke mopolo kapa taba eo batho ba bangata ba dumelang ho yona empa e sena nnete. Hona le Tumelo tse ngata- Tseo eseng nnete - Tse mabapi le ente ya COVID-19.
Non-pharmaceutical interventions	<b>Health behaviours</b>	Things that every person can do to prevent a disease that does not involve taking medicine.	<b>Bo itshwaro bo botle</b>	Dintho tse batho ba ka di etsang ho itshereletsa kgahlano le tshwaetso ntle le meriana.
Nurse	<b>Nurse</b>	A health worker that is the first and most regular person to give you care at a medical facility.	<b>Mooki</b>	Mosebeletsi wa tsa bophelo bo botle e leng wa pela mme atlanneng a o thusa hangata ha oile bookelong.
Nursing	<b>Nursing</b>	A job where people care for the medical needs of people in clinics and hospitals.	<b>Booki</b>	Mosebetsi wa ho hlokomele ditlhoko tsa bakudi tsa bophelo bo botle di tliiniking le dipetlele.
Open spaces	<b>Open spaces</b>	Places that are outdoors and have a lot of fresh air.	<b>Dibaka tse bulehileng</b>	Dibaka tse kantle mme tse nang le moya o mongata o hlwekileng.

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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>Sewa</b>	Sewa ke ha kokwanahloko e itjalla ho phatlalla le sebaka, e kaba di kontinenteng tse balwang kapa lefatshe ka bophara, e ama dipalo tse hodimo tsa batho
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>Teko ya COVID</b>	Teko e sebedisang sampole e hlahang morao ka hare ho nko le molomo ho tseba ha eba mmele wa hao o na le tshwaetso ya COVID-19. Diteko tsena di ka etswa tlilining, sepetele, laboratoring kapa ka koloing ya hao.
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>Diteko tse ikemetseng</b>	Tshebetso ya borasaense (ditsibi) tse sa amaneng le diteko tsa bongaka - ke batho ba ikemetseng- ba lekolang di poelo bakeng sa boithuto ba mahlale tse bitswang peer review (ho bolelang ho hlahlobana). Ena ke tsela ya ho etsa bonnete ba hore di poelo tsa diteko di nepahetse.
Placebo	<b>Placebo</b>	Substance or treatment that has no effect on human beings.	<b>Placebo (e senang thuso)</b>	Di ntho kapa kalafo tse sa ameng batho.
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>Tshireletso ya baahi</b>	Tshireletso ya baahi ke ha bonyane di peresente tse 70 tsa baahi di tshireletsehile hore masole a mmele a bona aka lwana kgahlano le kokwanahloko tse ntjha jwalo ka COVID-19. Sena se ka bakwa ke ha batho ba bangata ba fumana tshwaetso kapa ba amohela ente.
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>PPE</b>	
Public health	<b>Public health</b>	Public health is the process of protecting and improving the health of people and their communities.	<b>Bophelo bo botle ba setjhaba</b>	Bophelo bo botle ba Setjhaba ke tshebetso ya ho tshireletse le ho ntlafatsa bophelo bo botle ba batho le metse ya rona.
Public spaces	<b>Public spaces</b>	Any public place where people who are not from home can gather.	<b>Dibaka tsa setjhaba</b>	Sebaka sefe kapa sefe seo batho ba satsweng lelapeng le le leng ba ka kopanang teng.
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>Ho ikwalla</b>	Ha motho a nang le tshwaetso ya kokwanahloko kapa a nahana ona le tshwaetso o lokela ho emisa ho kopana le batho ba bang hore a se ke a ba tshwaetsa.
Register	<b>Register</b>	The process using your phone or computer to give your details so that you can get the vaccine.	<b>Ho ingodisa</b>	Mokgwa o sebediswang wa ho nehelana ka dintlha tsa hao bakeng sa ho ingodisetsa ho enta, e kaba ka mohala wa thekeng kapa ka komporo ya hao.
Replicate		When a virus is spreading in your body, it is making more copies of the virus.	<b>Ipheta-pheta</b>	Ha tshwaetso ya kokwanahloko e hasana mmeleng, e atisa tshwaetso.

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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>Hlahlobo</b>	Ke tshebetso ya ho lekola polokeho ya ente pele mmuso o ka e amohela. Bopaki botswang ho karolo e lenngwe ya diteko tsa bongaka e ka hlahlojwa ha ntse ho etswa diteko tse ding
Saline	<b>Salt water</b>	A solution of salt in water.	<b>Metsi a letswai</b>	Motswako wa metsi le letswai.
Sanitize	<b>Sanitize</b>	To clean you hands with an alcohol based substance.	<b>Hlwekisa</b>	Ho hlwekisa matsoho a hao ka se sebediswa se nang le jwala ka hare.
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>	COVID-19 e tsejwang ka Corona Virus kapa SARS-CoV-2 ke ho kula ho sesane ho isa ho kula haholo ho hlaselang ditho tsa mmele tse thusang ho hema. O ka fumana tshwaetso ka ho e hema marothoding a fumanwang moeng le ho tshwara dibaka tse nang le marothodi ana anang le tshwaetso.
Screening	<b>Screening</b>	Screening is questions asked to determine a person's risk of infection for a particular disease.	<b>Dihlahlobo</b>	Ke dipotso tse botswang ho fumana ha eba o kotsing ya ho tshwaetswa ke lefu le itseng.
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>Ho ikarohanya (ho ba thoko le batho)</b>	Ke mokgwa wa ho thiba ho ka tshwaetsa ba bang ha eba mohlomong o nahana o na le tshwaetso. Ho akga ka hare ho kgaotsa ho etela dibaka tse fapanang, ba leloko, metswalle, basebetsi mmoho le ho sebedisa di palangwang tsa setjhaba.
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>Arohana / karohano</b>	Ho itlwaetsa ho boloka sebaka dipakeng (bo ka lekanang le mitara le halofo) hole le batho ba bang.
Soreness	<b>Soreness</b>	Pain in your muscles and joints.	<b>Ho opa (opelwa ke mmele/ bohloko)</b>	Bohloko ba manonyeletso le ditho tsa mmele.
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>Spike protein</b>	Kokwanahloko ya COVID-19 e shebahala eka ke dithutswana tse ngata tse nyenyane ho yona. Thutswana tsena di na le di matlafatsi tse fosahetseng tse thusang COVID-19 ho kena mmeleng mme e itshwareletse ho ditho tsa mmele tse nang le di matlafatsi tse nepahetseng mme e qale ho o hlasela.
Susceptible	<b>Vulnerable</b>	When a person can get sick quickly or because of pre-existing diseases could get very sick.	<b>Kotsing</b>	Ha motho a ka kula ha bobebe kapele kapa ka lebaka la hore o se antse ana le mafu mang a ka etsang a kule kapele.

# SESOTHO COVID-19 GLOSSARY



ENGLISH			SESOTHO	
TERM	PLAIN ENGLISH	DEFINITION	PLAIN	DEFINITION
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>Matshwao</b>	Matshwao a mmele le a keello a bontshang ho kula. Matshwao a tlwaelehileng a COVID-19 ke motjheso, ho hohlola le mokgathala. A mang a matshwao a teng ke a sa tlwaelehang mma a ka amang bakudi ba bang a kenyeletsa ho lahlehelwa ke tatso ya dijo kapa ya monko, ho opelwa le mahlaba, hloho, qoqotho e bohloko, ho kibana Nko, mahlo a mafubefu, letshollo kapa makgopo a masesane a letlalo.
Technology	<b>Technology</b>	New tools or processes.	<b>Theknoloji</b>	Di sebediswa tse ntjha kapa mehato.
Tight chest	<b>Tight chest</b>	When a person's chest hurts and they feel like breathing is difficult.	<b>Sefuba se tetehaneng (kwalehileng)</b>	Ha sefuba sa motho se opa ebile a utlwa a hema ka thata.
Tiredness	<b>Tiredness</b>	Feeling tire more than usual.	<b>Mokgathala</b>	Ho ikutlwa o kgathetse ho feta matsatsi a mang (mokgathala o sa tlwaelehang).
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>Phetiso (fetisa)</b>	Ho fetisa le ho tshwaetsa ba bang ba neng ba sena tshwaetso.
Transmit	<b>Pass on</b>	Cause (something) to pass on from one person or place to another. Eg: COVID-19.	<b>Fetisa (ho fetisa)</b>	Ho fetisetsa ho motho e mong ka sebakeng se seng. Mohlala: COVID-19.
Trial	<b>Test</b>	A test or experiment, usually conducted under specific condition.	<b>Teko</b>	Teko, di etswa tlasa maemo a itseng.
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>Ente</b>	Moriana wa nale o hlajwang ho thusa mmele ho tseba ho lwantsha kokwanahloko. E thusa masole a mmele ho hopola kokwanahloko tse fapaneng tse kenang mmeleng. Sena se thusa mmele ho itwanela hang o hlaselwa ke kokwanahloko.
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>Qeaqeo ka ente</b>	Ha batho ba dieha ho enta hobane ba sa tsebe ha eba ente ea sebetisa kapa e bolokehile kapa ha ena ditlamorao.
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>Mofuta (o fapaneng)</b>	Mokgwa kapa mofuta o fapanang wa hohong ho fapanang le ho itseng ka tsela enngwe empa ele ntho e lenngwe; kokwanahloko e ntjha kapa e fetohileng. Mofuta o motjha wa COVID-19 o fumanwe Africa Borwa o bitswang 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>Kenomoya</b>	Ho dumella moya o hlwekileng ka hare ho phaposi kapa moaho. Sebaka senang le phallo entle ya moya se na le moya o bolokehileng wa ho hema.

# SESOTHO COVID-19 GLOSSARY



ENGLISH			SESOTHO	
TERM	PLAIN ENGLISH	DEFINITION	PLAIN	DEFINITION
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>Ente ya viral vector (kokwanahloko e fokolang)</b>	Mokgwa o motjha o fokolang wa kokwanahloko o sebediswang ka hara ente ho romella tlhokomediso ya hore kokwanahloko e jwang ebile e etsang mmeleng. Sena se thusa mmele ho itwanela ha o hlaselwa ke kokwanahloko.
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>Kokwanahloko</b>	Kokwanahloko ke tshwaetso ya ditho tse nyenyane tsa mmele e ka holang mme ya ikatisa ha e ka dulang dithong tse phelang tsa diphoofole, batho, dumela, le tshila kapa kokwanahloko tse ding.
Virus mutations	<b>Virus changes</b>	Changes to the structure of a virus which can changes 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>Ho fetoha ha kokwanahloko</b>	Ho fetoha ha sebopeho sa kokwanahloko ho ka fetolang ka moo e hlaselang mmele. Kokwanahloko di fetoha nako e kgolo, e kaba hobane ho bile le diphetoho tsa sebaka kapa ha e jaleha mmeleng ho eba le diphoso kapa e fetole mokgwa oo e ikatisang ka ona.
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>Ho ba kotsing (kotsing)</b>	Motho ya hlohang tlhokomelo e ikgethileng, tshehetso kapa tshireletso ka lebaka la dilemo, boqhwalala, kotsing ya tthekefetso kapa ho se hlokomelwe.
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>Leqhubu</b>	Leqhubu ke ha ho etsahala hore palo ya batho ba fumang tshwaetso ya COVID-19 e nyoloha ka sekgahla, mme palo ya batho ba dipetlele le ba hlokalhalang e le hodimo.

**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)