



# TSONGA COVID-19 GLOSSARY



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

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# TSONGA COVID-19 GLOSSARY



ENGLISH			TSONGA	
TERM	PLAIN ENGLISH	DEFINITION	TERM	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>Xungeto eka rihanhyu endzhaku ka nsawutiso</b>	Ku vabya loko va ku kona endzhaku ka ku sawutisiwa, kambe ka nkarhi wun'wana swo tikotlanela.
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>Ku hlangahlangana ka mirhi</b>	Ku hlangahlangana ka mirhi leswi nga vangaku ku huma mabundu emirhini, ku hlanta, ku tsandzeka ku hefemula na ku chuwha.
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>Masocha ya mirhi</b>	Masocha ya mirhi ya pfuneta ku lwa na mavabyi hi ku hambana hambana. Loko COVID-19 yi hlahlesa mirhi swi teka masiku mangari mangani ku endla masoccha lawa ya nga ta lwa na yona.
Asymptomatic infection	<b>Asymptomatic</b>	An infection without symptoms; no signs of illness.	<b>Pfumaleko wa swi kombiso</b>	Pfumaleko wa swikombiso swa mavabyi.
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>Xitsongwatsongwani</b>	Switsingwatsongwani leswi ka kona emirhini, swin'wani swi kahle kambe swin'wani swi endla leswaku munhu a vabya.
Booster dose	<b>Booster dose</b>	An additional dose of a vaccine needed periodically to 'boost' the immune system.	<b>Ku pfunetiwa ka nsawutiso</b>	Ngetelo wa nsawutiso lowu lavekaka ku kota ku tiyisa masocha ya mirhi.
Breaking news	<b>Breaking news</b>	New and important information.	<b>Mahungu ya xihatla</b>	Mahungu ya nkoka ya xihatla.
Chest pain	<b>Chest pain</b>	When you feel pain in your chest or heart area.	<b>Ku vava ka xifuva</b>	Loko munhu a twa ku vava exifuveni na le mbilwini.
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>Vu tshunguri byo sungula</b>	Vutshunguri lebyi endlwaka ku vona matirhelo ya murhi eka ntlawa wo karhi wa vanhu, na swona swi na swiyenge so tala. swi kamberwa hiswiyenge leswi ti yimelaka hi swoxe.
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>Tluletano</b>	Vuvabyi byo tluletana lebyi sukaka ka munhu un'wana byi ya ka un'wana, kumbe swiharhi, vuvabyi bya mbilu na bya chukela a byi tluleli.

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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>Vuvabyi lebyi nga kona emunhwini</b>	Vuvabyi lebyi munhu a nga na byona a nga se khomiwa hi COVID-19, xikombiso mavabyi lawa ya nga holiki, ku fana na mavabyi ya mbili, ya chukela na man'wana, lama endlaka leswaku munhu a va ekhomyeni loko a tshuka a tluleriwile hi COVID-19.
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>Tihlengeletano</b>	Loko vanhu vo tala va hlengeletana eka ndhawu wo karhi hi nkarhi wun'we. Xikombiso swikolweni, makhotsweni, na le tikerekeni.
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>Mahungu ya vunwa</b>	Mahungu ya vuxisi l mahungu lawa hangalasiwaka ku khorwisa vanhu hi hungu leri kanetanaka na leswi mfumo wu swi vulaka eka vanhu, eka swa rihanyu, swa sayese leswaku a hi ntiyiso.
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>Ku tluletiwa</b>	Ku phatsamiwa hi xitsongwatsongwani ku fana na xa COVID-19, xikombiso hi ku hefemula swimatana swa munhu loyi a nga tluleriwa hi xitsongwatsogwana.
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>Nkavenyetano wa vutshunguri</b>	Ku va murhi wu nga fanelangi ku tirhisiwa hikokwalaho ka ku va wu tisa khombo eka munhu loyi a nga na mavabyi yo karhi.
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>Ntshungu wa vulawuri</b>	Eka ku ringeta vutshunguri, va tivi va swa tisayese va fananisa leswi endlekaka eka mitlawa leyi va yi nyikaka nsawutiso na ntlawa lowu nga nyikiwiki, ntlawa lowu nga nyikiwangiki nsawutiso hi wona wu vuriwaka” Ntshungu wa vulawuri”.
Coping	<b>Coping</b>	Being able to get through a difficult experience.	<b>Ku kota ku tiyisela xiyimo xo kar</b>	Ku kota ku kondhelela eka xiyimo xo karhi.
Data	<b>Information</b>	Facts, evidence and statistics.	<b>Mahungu</b>	Mahungu ya ntiyiso, leya nga na vumbhoni na tihlayo ya ntiyiso.

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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>Ku hungutiwa ka nhlayo</b>	Ku hungutiwa ka nhlayo ya vanhu laha misaveni, ku na mahunhu ya vuxisi hi nsawutiso wa COVID-19 leswaku wu endleriwe ku dlaya vanhu.
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>Ntshikelelo wa miehleketo</b>	Ntshikelelo wa miehleketo laha munhu a twaka a tsanile athela a pfumala matimba yo endla swilo.
Diabetic	<b>Diabetic</b>	A person with high or low insulin levels.	<b>Mavabyi ya chukela</b>	Loko rivengo ri tsandzeka ku tirha kahle.
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>Ku hlaluva</b>	Ku tiva vuvabyi hikwalaho ka swikombiso swa byona, loko u phatsamiwile hi xitsongwatsongwani xa COVID-19 swi vula leswaku ku kumekile swkombiso swa byona loko ku kamberwa.
DNA	<b>DNA</b>	The small chemical that determines how a cell will look and what it will do.	<b>DNA</b>	Nchumu lowu kombaka matirhele ya swiaka mirhi.
Dose	<b>Dose</b>	The amount of a medicine that you are allowed to take at one time.	<b>Mpimo</b>	Mpimo lowu lavekaka wa ma tirhiselo ya murhi wa vutshunguri.
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>Ku tsandzeka ka nsawutiso</b>	Loko xitsongwatsongwana xi cinca-cinca swi endla leswaku murhi wa nsawutiso wu tsandzeka ku tirha, nsawutiso wu nge tirhi loko xitsongwatsongwani xi cinca-cinca ko tala.
Dry cough	<b>Dry cough</b>	A cough that feels like it is coming more from irritation in your throat	<b>Xikwayi-kwayi</b>	Mukhuhlwani wa xikwayi-kwayi.
Effective	<b>Works</b>	We say a vaccine “works” when it helps the body fight against a virus or bacteria.	<b>Ya tirha</b>	Ku vuriwa leswaku Nsawutiso wa tirha loko wu kota ku pfuneta mirhi ku lwa na switsongwatsongwana.
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>Ku tiyisisa</b>	Ku tiyisisa matirhelo ya nsawutiso, leswi vulaka leswaku yi tiyisisa leswaku yi na matimba ku sivele mavabyi na ku lwa na xitsongwatsongwani.
Evidence	<b>Proven facts</b>	Facts or information which tell you whether an idea or belief is true.	<b>Hungu leri nga tiyisisiwa</b>	Hunhu leri nga tiyisisiwa na swona ri tshembekaka.
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>Ku kambisisa( ku kambela)</b>	Maendlelo ya xi sayense ku kuma ntiyiso wa mhaka eka leswi hleketeriwaka.

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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>Ku nga hlayiseki</b>	Ku va u re kusuhi na munhu loyi nga va na ku phatsamiwa hi xitsongwatsongwani xa 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>Ku hunguta tuletano</b>	Ku hunguta hlayo ya vanhu lava patsamiwaku hi xitsongwatsongwani xa COVID-19, leswaku ku nga vi na vanhu vo tala lava vabyaka kutani va tsandzeka ku kuma vutshunguri.
Headache	<b>Headache</b>	Pain in your head.	<b>Ku panda ka nhloko</b>	Ku pandza ka nhloko.
High fever	<b>High fever</b>	When your temperature is above 37 degrees usually leads to sweating.	<b>Ku hisa ka mirhi</b>	Ku hisa ka mirhi loku tlulaka 37 wa ti digree loku vangaku ku juluka.
Hotline	<b>Hotline</b>	A phone services that provides specific information.	<b>Nomboro ya xihatla</b>	Nambara ya riqingho leyi tirhisiwaka ku tisa vukorhokeriKu h.
Hypertension	<b>Hypertension</b>	High blood pressure.	<b>Loko mbilu yi ba hi xihatla</b>	mavabyi ya misiha ya mbilu loko yi tikeriwa ku popa ngati swa ntolovelo
Hypotension	<b>Hypotension</b>	Low blood pressure.	<b>Loko mbilu yi ba hi ku nonoka</b>	Mavabyi ya misiha ya mbilu loko yi tikeriwa ku popa ngati swa ntolovelo.
Immune response	<b>Immune response</b>	The way you body fights against bacteria, viruses, and substances that appear foreign and harmful.	<b>Vuswikoti bya masocha ya mirhi</b>	ndlela leyi mirhi wa munhu wu lwaka ha kona na swilo leswi nga lavekiki na ku va na khombo emirhini wa munhu.
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>Matiyelo ya mirhi ku lwisa mavabyi</b>	Leswi mirhi wa munhu wu swi kotisaka xiswona ku lwa na mavabyi yo hambana hambana, mirhi wa munhu wu kota ku tsundzuka xitsingwatsongwani lexi nga tshama xi hasela mirhi kutani xi xilwisa hi xihatla, leswi vulaka leswaku mirhi wa swi kota ku tsundzuka.
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>Nsawutiso</b>	Loko mirhi wa munhu wu nyikisa nsawutiso leswaku wu kota ku lwa na mavabyi ku fana na xitsongwatsongwani lexintshwa xa 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>Matimba ya masocha ya mirhi</b>	Loko mirhi wa munhu wu kota ku tsundzuka muxaka wa xitsongwatsongwani kutani wu kota ku rhumela masocha ya mirhi ku ya lwisana na mavabyi. Ku tsundzuka loku ku tisiwa hi nsawutiso.
Immuno-compromised	<b>Immuno-compromised</b>	Having a weak ability for your body to fight a disease because of pre-existing diseases.	<b>Ku tsana ka masocha ya mirhi</b>	Mavabyi lawa ya nga kona emirhini lama endlaka leswaku mirhi wu tsandzeka ku tilwela eka mavabyi.

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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>Ku titumbeta/ ku tifiha</b>	Loko mavabyi ya nga se tikomba, xitsongwatsongwani xi titumbeta xi hangalaka hi katsongo emirhini xiendla leswaku munhu a vabya.
Infectious	<b>Infectious</b>	Contagious/catchy – capable of making an infection.	<b>Ku tulela hi xihatla</b>	Mavabyi lama tlulelaka hi xihatla.
Inoculation	<b>Inoculation</b>	Another word for vaccination or immunisation – the process where you become immune to an infectious disease.	<b>Sivela mavabyi</b>	Ndlela leyi mirhi wu kotaku ku lwa na mavabyi.
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>Ku hlanaga-hlangana ka murhi</b>	Mirhi yinwani ya vutshunguri yi endla leswaku yin'wani yi nga koti ku tirha, leswi swi endla leswaku ku va na swi ta ndzhaku, tivisa Dokodela hi murhi lowu u wu tirhisaku minkarhi ninkwayo loko u lava vutshunguri.
Jab	<b>Jab</b>	A word that describes getting a vaccine dose.	<b>Nayiti ya nsawutiso</b>	Ku kuma murhi wa nsawutiso.
Laboratory		A place equipped for experimental study in a science or for testing and analysis a research.		Ndhawu leyi tirhisiwaku ku endla vulavisisi hi vuenti.
Lockdown	<b>Lockdown</b>	A government regulation to limits people's movements and makes certain health behaviours compulsory.	<b>Ku yimisiwa ka migingiriko</b>	Ndlela ya mfumo yo yimisa migingiriko na ku veka milawu ya mahanye.
Mandatory	<b>Compulsory</b>	Required by a law or rule: obligatory/compulsory.	<b>Xiboho xa inawu</b>	Swilaveko swa swa xinawu leswi bohaku.
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>Xitsongo</b>	Xilo lexitsongo lexi u nga kotiki ku xivona loko u nga mbalani swo xikurisa swo fana na xitsongwatsongwana.
Mimic	<b>Copy</b>	To copy / look-like / imitate something.	<b>Ecenyeto</b>	Ku echenyeta.
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>	Tichemichali leti rhuwika eka swiaka mirhi ku kombisa leswi xitsongwatsongwani xo karhi xi nga xiswona, hi tona leti tirhisiaka ku endla nsawutiso.
Mucus	<b>Mucus</b>	A slim found in the body.	<b>Marhimila</b>	Marhikirhiki lawa ya kumekaka emirhini wa munhu.

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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>Swi yila-yila</b>	Swikholwa-kholwana leswi vanhu va swi tshembaku kumbe mavunwa lawa vanhu va ma tshembhaku mayelana na nsawutiso wa 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>Mahanyeke lama nene</b>	Leswi munhu unw'ani na unwani a faneleke ku swi endla ku sivela mavabyi, swi nga fambisani na vutshunguri.
Nurse	<b>Nurse</b>	A health worker that is the first and most regular person to give you care at a medical facility.	<b>Muongori</b>	Mutirhi wa swarihanyu wo sungula loyi a pfunaka vavabyi.
Nursing	<b>Nursing</b>	A job where people care for the medical needs of people in clinics and hospitals.	<b>Ntirho wo ongola vavaabyi</b>	Ntirho wo hlayisa vavabyi exibedhilele na le tikliniki.
Open spaces	<b>Open spaces</b>	Places that are outdoors and have a lot of fresh air.	<b>Ndhawu leyi nga pfuleka</b>	Ndhawu leyi nga pfuleka naswona yi nga na moya wo tenga.
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>Ntungu</b>	Ku hangalaka ka ntungu wo karhi endhawini yo karhi leswi khumbhaka vanhu vo tala.
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>Ku kamberwa ka COVID</b>	Ku kambela hi ku tirhisa ku teka swimatani endhaku ka nhopfu na le non'weni ku lava ku tiva loko ku ri na xitsongwatsongwana xa COVID-19 mirhini wa munhu, leswi nga endliwa exibedhile, clinic na le tilaboratori.
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>Ku kambela loku nga ti yimela hi koxe</b>	Maendlelo laha va nwatisayense lavanga endlangiki nkabisiso va kambela ntirho wa tintangha ta vona, ku tiyisisa leswaku nkabisiso wa vona a wu na swisolo na swona wu fikelela swilaveko.
Placebo	<b>Placebo</b>	Substance or treatment that has no effect on human beings.	<b>Vutshunguri lebyi nga hlayiseka</b>	Vutshunguri lebyi nga riki na nghozi eka vanhu.
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>Hlayo yo karhi leyi nga sawutisiwa eka mavabyi</b>	Loko nsawutiso wa vanhu wu fike ka 70% leswi pfunaku leswaku tiko ri kota ku wisana na xitsongwatsongwana ku fana na COVID-19, leswi humelela loko vanhu vo tala va kumile nsawutiso.

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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>Swiambalo swo sivela ntuleto wa mavabyi</b>	Leswi l swi ambalo leswi ambariwaku ku pfuneta ku hunguta ku hangalaka ka COVID-19.
Public health	<b>Public health</b>	Public health is the process of protecting and improving the health of people and their communities.	<b>Vutshunguri bya mani na mani</b>	Maendlelo yo tisa vukorhokeri bya wa rihanyu etikweni.
Public spaces	<b>Public spaces</b>	Any public place where people who are not from home can gather.	<b>Ndhawu ya mani na mani</b>	Ndhawu wa mani na mani ya vuhungasi.
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>Ku tipfalela u kota ku hola mavabyi</b>	Loko munhu loyi a nga va va ku a phatsamiwile hi xitsongwatsogwani a tshama endhawini leyi nga hlaysika ku sivela ku hangalaka ya xona ku ya emahlweni.
Register	<b>Register</b>	The process using your phone or computer to give your details so that you can get the vaccine.	<b>Ku titsarisela</b>	Ku titsarisela ku kuma nsawutiso hi ku tirhisa foni na computer.
Replicate		When a virus is spreading in your body, it is making more copies of the virus.		Ku hangalaka ka xisongwatsongwana emirhini wa munhu.
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>Ku kambisisa( ku kambela)</b>	Ndlela ya mfumu yo tiyisisa leswaku nsawutiso wu lulamerile ku tirhisiwa loko wu nga se sungula ku tirhisiwa, hambiloko swi kambelo swa ha ya emahlweni.
Saline	<b>Salt water</b>	A solution of salt in water.	<b>Mati ya munyu</b>	Mpfanganyiso wa mati na munyu
Sanitize	<b>Sanitise</b>	To clean you hands with an alcohol based substance.	<b>Ku babisa mavoko</b>	Ku basisa mavoko hi tirhisa sanitizer.
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 leyi tivekaka hi SARS-CoV-2 l xitsongwatsongwana lexi tisaka mavabyi hi ku tikisa lexi endlaku leswaku munhu a tsandzeka ku hefemula, xi hangalasiwa hi swimatana leswi tshamaka emoyeni, na ku khomakhomana na vanhu kumbe swilo leswi nga na mathonsi ya mayi lawa ya nga na xona.

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Screening	<b>Screening</b>	Screening is questions asked to determine a person's risk of infection for a particular disease.	<b>Ku kamberwa swikoweto swa mavabyi</b>	Swivutiso leswi vutisiwaka munhu ku kota ku tiva loko ku ri hi leswaku munhu wayole a nga kombyeni ro khomiwa hi mavabyi yan'wana.
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>Ku tihlawula</b>	Ndlela yo ti hlayisa hi ku tshama endhawa yin'we, u nga endzeli mavhengele, swifambo swa mani na mani na tindhwa ta vuhungasi.
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>Ku siya mpfuka wo ringanela</b>	Ku titoloveta ku siya mpfuka wo ringanela exikarhi ka wena na vanhu van'wana. Xikombiso( 1,5 meters).
Soreness	<b>Soreness</b>	Pain in your muscles and joints.	<b>Ku vava ka mahlangano na mirhi</b>	Ku vava ka mahlangano na mirhi.
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>Ndhombho</b>	COVID-19 yi vonaka ku fana na vuxungu byo biha lebyi damarhelaka eka swiaka mirhi, kutani swi vaka ku vaviseka eka mirhi wa munhu.
Susceptible	<b>Vulnerable</b>	When a person can get sick quickly or because of pre-existing diseases could get very sick.	<b>Ku va eka xiyimo xa khombo</b>	Munhu loyi anga khomiwaka hi mavabyi hikokwalaho ka vuvabyi byin'wani lebyi a nga na byona).
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>Swikombiso swa mavabyi</b>	Swikombiso swa mavabyi yokarhi emunhwini, swikombisaswa COVID-19 i ku hisa mirhi, xikwayikwayi, kukarhala. Nakambe ku na swinwani leswi nga tolovelekangiku ku nga, ku panda ka nhloko, ku vava ka minkolo, ku chuluka, ku huma swibundwana, ku tshandzeka ku twa ku nuhwa na ku nuhela, na ku pfaleka tinhompfu.
Technology	<b>Technology</b>	New tools or processes.	<b>Swi tirhisiwa swa ximanje- manjhe</b>	Switirhisiwa swa ximanjemanjhe.
Tight chest	<b>Tight chest</b>	When a person's chest hurts and they feel like breathing is difficult.	<b>Ku tikerwa ka xifuva</b>	Loko munhu a tsandzeka ku hefemula hi ku va xifuva xi tikeleka.
Tiredness	<b>Tiredness</b>	Feeling tire more than usual.	<b>Ku karhala</b>	Ku titwa u karhele.

# TSONGA COVID-19 GLOSSARY



ENGLISH			TSONGA	
TERM	PLAIN ENGLISH	DEFINITION	TERM	DEFINITION
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>Ku tluletana</b>	Ku tluletana ka mavabyi ku suka eka munhu loyi a vabyaka ku ya eka loyi a nga vabyiki.
Transmit	<b>Pass on</b>	Cause (something) to pass on from one person or place to another. Eg: COVID-19.	<b>Ku hundzisela emahlweni</b>	Ku tluletana mavabyi ku suka eka munhu loyi a vabyaku ku ya eka loyi a nga vabyiki. Xikombiso COVID-19.
Trial	<b>Test</b>	A test or experiment, usually conducted under specific condition.	<b>Xikambelo</b>	Swikambelo leswi endliwaka ku ya hi milawu yo karhi.
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>Nsawutiso</b>	Murhi lowu tirhisiwaka ku sawutisa vanhu, lowu pfunetaka mirhi ku kota ku lwa na xitsongwatsongwani, loko xo tshuka xi ngenile emirhini na ku xi tiva.
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>Ku kanakana ku teka nsawutiso</b>	Loko vanhu va kanakana ku kuma sawutisa hi ku chava swita ndzhaku ka swona.
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>Muxaka wo karhi wa xitsongwatsongwani</b>	Ku cincacina ka xitsongwatsongwani, COVID-19 ya Afrika Dyonga I 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>Ku pfumelela moya wu ngena endhawini leyi nga pfaleka</b>	Ku pfumelela moya wo tenga wu nghena endlwini hi ku pfula mafasiterhe.
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>Xitsongwatsongwani lexi nga hetiswa matimba emirhini</b>	Xitsongwatsongwani lexi nga hetiswa matimba lexi tirhisiwaka ku endla nsawutiso, lowu ngenisiwaka emirhini wa munhu leswaku loko xitsongwatsongwani xi nghena xi kota ku hlurisa.
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>Xitsongwatsongwani</b>	Xitsongwatsongwani I nchumu lowu tsongo lowu kotata ku andza ntsena loko wu ri eka nchumu lowu hanyaka.

# TSONGA COVID-19 GLOSSARY



ENGLISH			TSONGA	
TERM	PLAIN ENGLISH	DEFINITION	TERM	DEFINITION
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>Ku cica-cica ka xitsongwatsongwani</b>	Ku cinca-ncica ka xitsongwatsongwani eka mahlaselelo ya mirhi. Leswi swi humelela minkarhi hinkwayo, swi nga vangiwaku hi ku cinca ka maxelo kumbe leswi xitsongwatsongwani xi hangalakisaka xiswona.
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>Ku va eka xiyimo xa khombo</b>	Munhu loyi a lavaka vuhlayiseki hkokwalaho ko dyuhala kumbe endhaku ka ku xanisiwa kumbe ku tsan'wiwa.
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>Gandlati</b>	Gandlati hi loko vanhu vo tala va tluleriwa hi xitsongwatsongwani hi ku hatlisa na swona ku va na vanhu vo tala lava faka.

**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)