



XHOSA COVID-19 GLOSSARY



WASH HANDS KEEP A DISTANCE WEAR YOUR MASK OPEN WINDOWS

XHOSA COVID-19 GLOSSARY



ENGLISH			XHOSA	
TERM	PLAIN ENGLISH	DEFINITION	TRANSLATION	TRANSLATION
Anaphylaxis / Anaphylactic shock	Allergic reaction	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.	Ukungadibani komzimba nento umntu ayityileyo/seleyo	Ukungadibani komzimba nento umntu ayityileyo okanye ayiseleyo okothusa umzimba. Iimpawu ziquka ukugabha, isiyezi, irhashalala, nokuphefumla nzima.
Adverse events	Adverse events	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.	Iziganeko ezimbi ezilandela ukugonywa	Ingxaki yempilo eyenzeka emveni kokugonywa. Kungenzeka ukuba yenziwa sisitofu okanye yenye into engaziwayo.
Antibodies	Antibodies	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.	Izalwa buhlungu nezifo emzimbeni	Izilwa buhlungu emzimbeni ziproteni ezenziwa yimizimba yethu ukulwa izigulo ezithile ezisihlaselayo. Ngamajoni akhethekileyo asetyenziswa ngumzimba ukulwa sifo ngasinye, ngendlela eyohlukileyo. Xa intsholongwane entsha efana neCOVID-19 ihlasela, umzimba uthatha iintsuku ezimbalwa ukubumba lamajoni okulwa.
Asymptomatic infection	Asymptomatic	An infection without symptoms; no signs of illness.	Isigulo esingena-zimpawu	Usulelo olungenazi mpawu nembonakalo yokugula/yesigulo.
Bacteria	Bacteria	Bacteria, also called germs too small to see with the naked eye. Some bacteria are good for you, while others can make you sick.	Intsholongwane	Intsholongwane encinci kakhulu engabonakaliyo kwiliso lenyama. Ezinye iintsholongwane zikulungele, kodwa ezinye ziyagulisa.
Booster dose	Booster dose	An additional dose of a vaccine needed periodically to 'boost' the immune system.	Umthamo onyukileyo wesitofu	Umthamo wesitofu owengezwayo ngamaxa abekiweyo ukuze kuqinise amajoni omzimba.
Breaking News	Breaking news	New and important information.	Iindaba ezinkulu	Iindaba ezintsha kwaye ezibalulekileyo okodlula ezininzi.
Chest Pain	Chest pain	When you feel pain in your chest or heart area.	Iintlungu zesifuba	Xa usiva iintlungu esifubeni kufutshane nentliziyo.
Clinical trial	Clinical trial	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.	Ukuvavanywa kwezonyango	Ukuvavanywa kwezonyango kujonga impumelelo nokukhuseleka kwamayeza, izitofu kwakunye nezixhobo zonyango. Kujongwa ukuba zizakusebenza kangakanani kuninzi lwabantu. Iziphumo zazo zijongwa zingcaphephe ezizimeleyo.
Communicable	Communicable	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'.	Isifo esosulelayo ebantwini nasezi lwanyaneni	Izifo ezinwena ukusuka emntwini ukuya komnye okanye kwisilwanyana ukuya kwesinye. Ezinye iintsholongwane ziyazenza izifo. Ezinye izifo ezingosuleliyo ezifana neswekile, noxinzelelo lwegazi zibizwa ngokuba zezingosuleliyo.

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Comorbidity	Pre-existing disease	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.	Izifo ebezhileli zikhona	Izifo umntu ebehleli enazo phambi kokuba afumane isifo esitsha. Xa sithetha kumxholo weCOVID-19, sithetha ngezifo ezinganyangekiyo - ezifana nesifo sentliziyo, iswekile, uxinzelelo lwegazi ukubala nje ezimbalwa - ungaba semngciphekweni ophezulu, ube neengxaki mhla wasuleleka yintsholongwane ye-COVID-19.
Congregate settings	Gatherings	When many people come together at the same place and at the same time. E.g.: parties, marches, schools, prisons, churches etc.	Iindibano	Isigqubu sabantu abaninzi abadibene ndawonye ngaxeshanye. Izinto ezifana neminyhadala, ukuqhanqalaza niliqela, ezikolweni, etrongweni, ezinkonzweni.. njalo njalo.
Conspiracy Theory	Fake news story	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.	Iindaba zobuxoki	Iindaba zobuxoki kuxa kudityaniswa iinkcukacha eziyinyani nezo ezingeyiyo ukubumba ibali elizaku kholisa abantu ukuba lento bayixelelwa ngurhulumente, abezempilo neenzululwazi ayiyonyani kwaye izakubenzakalisa.
Contract	Become infected	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.	Ukufumana isifo	Ukosuleleka nokufumana isifo - ungosuleleka yiCOVID 19, umzekelo, ngokuphefumlela ngaphakathi amathontsi omnye umntu ogula yi-COVID-19.
Contra-indications	Medicines clash	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.	Ukungqubana kwamayeza	Xa amayeza, okanye inkqubo yokunyangwa kufuneka ingenziwa kuba izakwenzakalisa umntu ngenxa yemeko yokugula asele enayo okanye amayeza ahleli ewasebenzisa.
Control group	Control group	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'.	Iqela lolawulo	Kuvavanyo lwezonyango, iinzululwazi zithelekisa okwenzekayo xa unikezela ngeyeza elisebenzayo lokugonya kwiqela labantu nokuba kwenzeka ntoni kwelinye iqela labantu xa bengalifumenanga eliyenza. Iqela elingalifumenanga yeza libizwa iqela lolawulo.
Coping	Coping	Being able to get through a difficult experience.	Ukuchacha	Ukwazi ikunyamazela ude udlule kwimeko emaxongo.
Data	Information	Facts, evidence and statistics.	Iinkcukacha	Iinyani, ubungqina kunye nee nkcukacha-manani.

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Depopulation	Depopulation	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.	Ukususwa kwabantu emhlabeni	Inkqubo yokuzama ukubulala uninzi lwabantu ngamabom. Xa ufuna kubekho inani eliphantsi labantu ekuhlaleni naselizweni. Zininzi iindaba ezingeyonyani ezizama ukukhohlisa abantu ukuze bakholelwe ukuba iCOVID-19 okanye ukugonywa kwenzelwe ukubulala abantu.
Depression	Depression	A mental health problem where a person feels very sad, tired, unable to cope and have no energy for long periods of time.	Uxinzelelo lwengqondo	
Diabetic	Diabetic	A person with high or low insulin levels.	Iswekile	Amanqanaba aphantsi okanye aphezulu e-insulin.
Diagnosis / Diagnose	Diagnosis/ Diagnose	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.	Ukuxilonga ubone ingxaki	Ukubona isifo ngeempawu zaso kukuxilonga ubone ingxaki. Ukuba ufunyanwe une COVID-19, kuthetha ukuba uxilongiwe kulontsholongwane.
DNA	DNA	The small chemical that determines how a cell will look and what it will do.	IDNA	Amachiza amancinci alawula indela iiseli ezibonakala ngayo kwanento ezizakuyenza.
Dose	Dose	The amount of a medicine that you are allowed to take at one time.	Umthamo	Umlinganiselo weyeza okanye ipilisi ovumelekileyo ukuba uwuthathe ngexesha.
Drug resistance	Vaccine resistant	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.	Iyeza elichasayo	Xa intsholongwane itshintsha kubanzima ukuba isitofu okanye amayeza alungiselelwe ukuyilwa ukuba ayifumane apha kuthi emizimbeni. Isitofu asisebenzi xa intsholongwane ijikajike kakhulu.
Dry Cough	Dry Cough	A cough that feels like it is coming more from irritation in your throat.	Inkohlolo eyomileyo	Ukukhohlola okuvakala ngathi kusuka kukuhlukumezeka komqala.
Effective	Works	We say a vaccine “works” when it helps the body fight against a virus or bacteria.	Iyasebenza	Sithi isitofu sokugonya “siyasebenza” xa sanceda umzimba ukulwa iintsholongwane.
Efficacy	Efficacy	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.	Ukusebenza ngempumelelo	Oku kusixelelwa izinga lokusebenza kwesitofu. Ukusebenza ngempumelelo kwesitofu kubonakala xa inqanda ukugula, yakhe ukhuseleko kwi ntsholongwane.
Evidence	Proven facts	Facts or information which tell you whether an idea or belief is true.	Ubungqina obuqinisekileyo	Ubungqina nee nkukacha kusixelela ukuba imbono okanye inkolelo iyinyani na.
Experiment	Experiment	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.	Uvavanyo	Inkqubo eyenziwa zizazinzulu kwimeko ezilawulwayo ukuze kufunyanwe okanye kuphandwe into engaziwayo.

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Exposed/exposure	Exposed	When you have been in contact with a person that has a virus like COVID-19.	Uvelile	Xa ubukhe wahlangana nomntu one ntsholongwane efana ne COVID-19.
Flattening the curve	Flattening the curve	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.	Ukuhlisa izinga lokunwenwa kwe ntsholongwane	Ukuhlisa izinga lokwesulelana nge COVID-19 ukwenzela ukuba abantu abaninzi bangaguli ngexesha elinye bagcwalise iizibhedlele zingakwazi ukunceda wonke umntu.
Headache	Headache	Pain in your head.	Intloko ebuhlungu	Intlungu entloko.
High fever	High fever	When your temperature is above 37 degrees, usually leads to sweating.	Umkhuhlane ophezulu	Xa iqondo lobushushu lingaphezulu kuka 37, into eyenza ukuba ubile kakhulu.
Hotline	Hotline	A phone services that provides specific information.	Umnxeba woncedo	Umnxeba onceda ukukhupha ulwazi oluthe vetshe olukhethekileyo.
Hypertension	Hypertension	High blood pressure.	Uxinzelelo lwegazi	Uxinzelelo lwegazi.
Hypotension	Hypotension	Low blood pressure.	Ipresha yegazi ephantsi	Ipresha yegazi esezingeni eliphantsi.
Immune response	Immune response	The way you body fights against bacteria, viruses, and substances that appear foreign and harmful.	Impendulo yomzimba yokuzikhusela	Indlela umzimba wakho olwa ngayo intsholongwane nezinyo izihlaseli-mzimba ezibonakala zinobungozi.
Immune system	Immune system	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.	Amajoni akhusela umzimba	Onke amalungu omzimba wakho alwa iintsholongwane. Amajoni omzimba agcina ulwazi lwentsholongwane zonke awakhe azoyisa ukwenzela ukuba xa ziphinda zibuya, akwazi ukuzibona msinyane azihlasele. Amajoni akhusela umzimba anenkumbulo.
Immunisation	Immunisation	Is the process where a person's body is given a vaccine that helps it fight a new virus like COVID-19.	Ugonywa	Kuxa umzimba unikwa isitofu sokugonya esincedisa umzimba ukulwa iintsholongwane ezifana ne COVID-19.
Immunity	Immunity	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.	Ukhuseleko	Xa amajoni akho omzimba enenkumbulo yentsholongwane aze athumele i-antibodies ezikulengeleyo ukulwa nentsholongwane leyo. Le nkumbulo ingenziwa ngesitofu.
Immuno-compromised	Immuno-compromised	Having a weak ability for your body to fight a disease because of pre-existing diseases.	Ukungakhuseleki komzimba	Xa umzimba ungakwazi ukulwa izifo neentsholongwane ngenxa yokuba uhleli ugula unkenenkene.
Incubate	Incubate	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.	Ukufukama	Phambi kokuba ufumane iimpawu zesigulo esithile, intsholongwane eyenza isifo iyanwena kancinci emzimbeni wakho ikwenze ugule.
Infectious	Infectious	Contagious/catchy – capable of making an infection.	Iyosulela	Iyosulela, iyafumaneka lula.

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Inoculation	Inoculation	Another word for vaccination or immunisation – the process where you become immune to an infectious disease.	Xa sele utofiwe	Elinye igama lesitofu - inkqubo apho ungosuleleki lula zizifo ezinwenwayo.
Interaction	How medicines mix	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.	Ukuxutywa kwamayeza	Amanye amayeza ayangquzulana, okanye enze kube lula okanye kubenzima ukusebenzisana. Lo nto ingenza kubekho iziganeko zabucala okanye iyeza lisebenze ngcono. Xelela ugqirha wakho ngamaxesha onke xa usele unamayeza owatyayo xa kufuneka bekunike amanye.
Jab	Jab	A word that describes getting a vaccine dose.	Ukugonywa	Igama elichaza ukufamana isitofu.
Laboratory		A place equipped for experimental study in a science or for testing and analysis a research.	Ilebhu	Apho kuvavanywa khona isayensi nophando lwamayeza.
Lockdown	Lockdown	A government regulation to limits people's movements and makes certain health behaviours compulsory.	Ukuvalelwa	Isimiso sikwa rhulumente sokungavumeli ukuba abantu bazulazele ngaphandle kwabo banemvume. Oku kuhamba nokunyanzeleka ukuba abantu balendele imigaqo siseko yezempilo oko bakhuseleke, bakhusele nabanye.
Mandatory	Compulsory	Required by a law or rule: obligatory/ compulsory.	Inyanzelekile	Iyanyanzeliswa ngumthetho okanye zimeko.
Microscopic	Very small	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.	Incinci kakhulu	Into encinci kakhulu engenokuyibona ngeliso lenyama - ibonakala nge microscope kuphela. Iintsholongwane zizo ezithanda ukuba ncinci oluhlobo.
Mimic	Copy	To copy / look-like / imitate something.	Ukulinganisa	Ukulinganisa/Ukufanisa
mRNA	mRNA	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.	Umyalezo we RNA	Umyalezo-RNA yimichiza ethumela imiyalezo kwiiseli zizixelela ngentsholongwane entsha engekawuhlaseli umzimba kodwa eqwalaselweyo. Isetyenziswa kwizitofu ukwenza ukhuselo lwesikhumbuzo samajoni omzimba.
Mucus	Mucus	A slime found in the body.	Umfinya	Umfinya ofumaneka emzimbeni.
Myths	Myths	A widely held but false belief or idea. There are many myths – otherwise known as fake news or fictions – about COVID-19 and vaccines.	Amanpunge/ iintsomi	lingcamango nenkolelo esasazwayo engenabunyani. Zininzi ke iintsomi - ezaziwa njengamanpunge - ngeCOVID-19 nezitofu.
Non-pharmaceutical interventions	health behaviours	Things that every person can do to prevent a disease that does not involve taking medicine.	Indlela yokuzikhusela	Izinto umntu anokuzenza ukuzikhusela ukuba angafumani izifo ezingadibenanga nokutya amayeza.

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Nurse	Nurse	A health worker that is the first and most regular person to give you care at a medical facility.	Umongikazi	Umsebenzi wezempilo wokuqala, oqhelekileyo onikeza inkathalo kwindawo yonyango.
Nursing	Nursing	A job where people care for the medical needs of people in clinics and hospitals.	Ukongga	Umsebenzi apho abantu bekhathalela izidingo zabantu zempilo kwi klinikhi nakwizibhedlele.
Open spaces	Open spaces	Places that are outdoors and have a lot of fresh air.	Iindawo ezivulekileyo	Iindawo ezingaphandle ezinomoya osulungekileyo.
Pandemic	Pandemic	A pandemic is an when a disease spreads across a large region, for instance multiple continents or worldwide, affecting a large number of people.	Isifo selizwe jikelele	Isifo esikho kuzwe lonke, umzekelo kumazwekazi okanye kumhlaba wonke, sichaphazela uluntu oluninzi kakhulu.
PCR test	COVID test	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.	Uvavanyo lwe COVID	Uvavanyo lwe COVID-19 olusebenzisa isampulu esuka emva empumlweni, nasemlonyeni ukwazi ukuba ikhona na iCOVID emzimbeni. Oluvavanyo lungenziwa eclinic, esibhedlele, elebhu kanti nasemotweni yakho.
Peer review	Independently tested	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.	Uvavanyo oluzimeleyo	Inkqubo apho izazinzulu bezingekho ngethuba kuzanywa -okanye inzululwazi ezizimeleyo - zijonga iziphumo zovavanyo kufundo lwenzululwazi lubizwa uPhononongo loNtanga. Le yindlela yokuqinisekisa ukuba iziphumo zophando nokuba lunjani, zichanekile.
Placebo	Placebo	Substance or treatment that has no effect on human beings.	iPlacebo	Unyango olungadlali ndima ebantwini.
Population immunity	Population immunity	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.	Ukhuseleko lwabantu abaninzi	Yaziwa njengo Khuseleko lwabantu abaninzi, xa noko uninzi oluyi-70% lunamajoni akhuseleyo, ancedisa ukulwa intsholongwane entsha efana neCOVID-19. Oku kungenzeka xa abantu abaninzi beselekile yintsholongwane okanye xa abantu abaninzi begonyiwe.
PPE	PPE	Personal protective equipment (PPE), is equipment worn to minimize exposure to hazards that cause injuries and illnesses. Masks are part of PPE.	Izixhobo zokhuseleko ezinxitywa ukukhuseleka	Izixhobo zokhuseleko ezinxitywa ngumntu wonke ukunciphisa ithuba lokosulelwa yintsholongwane, okwenzakala, kwakunye nokugula. Izifonyo ziyingxenye yezizixhobo.
Public health	Public Health	Public health is the process of protecting and improving the health of people and their communities.	Ezempilo zoluntu lonke	Impilo kawonke wonke yiyo indlela yokukhusela nokuphucula impilo yabantu kunye nasekuhlaleni.
Public spaces	Public spaces	Any public place where people who are not from home can gather.	Iindawo zika wonke wonke	Iindawo zika wonke wonke apho abantu badibana khona, ngaphandle kwekhaya.
Quarantine	Quarantine	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.	Uvalelo bucala lokhuseleko	Xa umntu onentsholongwane okanye ozakubanayo kufuneka ayeke ukuhlala nabantu ukwenzela ukuba inganweni.

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Register	Register	The process using your phone or computer to give your details so that you can get the vaccine.	Ukubhalisa	Inkqubo yokusebenzisa unomyayi okanye ikhompyutha ukunikezela ngeenkukacha zakho ukwenzela ukuba ufumane isitofu samahla.
Replicate		When a virus is spreading in your body, it is making more copies of the virus.	Uphinda-phindo	Xa intsholongwane isasazeka emzimbeni wakho, yenza iikopi ezininzi zentsholongwane.
Review	Review	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.	Uphononongo	Xa kujongwa ukuba isitofu sikhuselekile na ukufakwa emzimbeni phambi kokuba sivunywe ngurhulumente. Ubungqina obusuka kwinkqubo eziliqela bungaphononongwa ngexesha nye kusenziwa ulingo.
Saline	Salt water	A solution of salt in water.	Amanzi anetyuwa	Isisombululo setyiwa emanzini.
Sanitize	Sanitise	To clean you hands with an alcohol based substance.	Ukuzicoca	Ukuhlamba izandla ngomxube odibene notywala.
SARS CoV-2	COVID-19	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.	Intsholongwane ye-COVID-19	Isakwaziwa njenge CoronaVirus okanye is SARS CoV-2, sisigulo esingenabuzaza esihlasela amalungu omzimba encedisa abantu ekuphefumleni. Inwena ngamathontshi asemoyeni xa ubambe abantu, okanye lento inethontshi lentsholongwane.
Screening	Screening	Screening is questions asked to determine a person's risk of infection for a particular disease.	Ukuhlola	Ukuhlola yimibuzo ebuzwa ukubona ukuba umntu usemngciphekweni wokosuleleka sisifo esithile.
Self-Isolation	Self-isolation	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.	Ukuzihlalela bucala	Yindlela yokuziphephisa ebantwini ukuze angabosuleli ukuba ucinga ukuba ufumene intsholongwane. Yenziwa ngokuhlalela kude nabantu neendawo zika wonke wonke ezifana nosapho, iitshomi, abo usebenza nabo kunye nezithuthi zika wonke wonke.
Social distancing	Social distancing	The practice of maintaining a greater than usual physical distance (such as 1.5 meters or more) from other people.	Ukuba kude nabantu	Ukuqinisekisa ukuba isiqu sakhe sikude ngaphezu kwe 1.5 yemitha ebantwini.
Soreness	Soreness	Pain in your muscles and joints.	Ukuqaqamba	Iintlungu kwizihlunu nokudibanisa.
Spike Protein	Spike protein	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.	Amaqhuma aphuma kwi ntsholongwane ye-COVID	Intsholongwane ibonakala inamaqhuma athe nca kuyo. Ane proteni embi encedisa iCOVID-19 ekungeneni emzimbeni izincamathisele emalungwini omzimba ane proteni elungileyo, ize ihlasele.
Susceptible	Vulnerable	When a person can get sick quickly or because of pre-existing diseases could get very sick.	Ukuba sesichengeni	Xa umntu onekugula msinyane okanye ngenxa yezigulo asele enazo agule kakhulu.

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Symptoms	Symptoms	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.	Iimpawu	Iimpawu zokugula ngomzimba okanye ngokwe ngqondo. Ezona mpawu zixhaphakileyo ze COVID-19 ngumkhuhlane, inkohlankohlo eyomileyo, nokuba dinwa kakhulu. Ezinye iimpawu ezingaxhaphakanga ezifunyanwa zizigulane ziquka ukulahlekelwa kukungcamla nokunukisa, iintlungu zezihlunu, umqala obuhlungu, iimpumlo ezivalekileyo, amehlo abomvu, ukurhuda kunye ne rhatshalala.
Technology	Technology	New tools or processes.	Ezobugcisa	Izixhobo ezintsha okanye iinkqubo ezintsha.
Tight Chest	Tight Chest	When a person's chest hurts and they feel like breathing is difficult.	Isifuba esiqinileyo	Xa isifuba somntu sibuhlungu kwaye kunzima ukuziphfumlela.
Tiredness	Tiredness	Feeling tire more than usual.	Ukudinwa okungamandla	Ukudinwa okungaphaya kokuqonda nokuqheleka.
Transmission	Transmission	Is the passing/spreading of a disease from an infected individual or group to a previously uninfected individual or group.	Ukuhambisa	Ukudlulisa isifo kumntu onaso okanye iqela labantu siye kumntu okanye iqela ebelingenaso.
Transmit	Pass on	Cause (something) to pass on from one person or place to another. E.g.: COVID-19.	Ukudlulisela	Ukudlulisela into (umzekelo, iCOVID-19) ebantweni nasezindaweni.
Trial	Test	A test or experiment, usually conducted under specific condition.	Ukuvavanya	Uvavanyo okanye ulingo, oluvame ukwenziwa phantsi kweemeko ezikhethekileyo.
Vaccine	Vaccine	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.	Isitofu	Iyenza elifakwa emzimbeni ukuncedisa umzimba ekulweni intsholongwane entsha. Lincedisa amajoni omzimba ukwakha inkumbulo yenqondo ukwenzela ukuba mhla intsholongwane yaphanda yangena emzimbeni, umzimba ukulungele ukulwa.
Vaccine hesitancy	Vaccine hesitancy	When people delay taking the vaccine because they do not know if it works or are afraid of the side-effects.	Ukuthandabuza ukugonywa	Xa abantu belibazisa ukugonywa kuba bengayazi ukuba kuyasebenza na okanye besoyika iziganeko zabucala emva kokugonywa.
Variant	Variant	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.	Ukuba nomehluko	Intlobo yento eyohlukileyo kwezinye intlobo zento enye; intlobo yentsholongwane entsha okanye eguqukileyo. Umahluko we-COVID-19 obhaqiweyo eMzantsi Afrika ubizwa in 501Y.V2.
Ventilation	Ventilation	The provision of fresh air to a room, building or building. A space with good airflow is well ventilated.	Umoya osulungekileyo ohambayo	Ukhukhutshwa komoya osulungekileyo egumbini okanye esakhiweni ukuze ugqibe indawo yonke ukhuselo abo bangaphakathi xa ifestile zingavulwa.

XHOSA COVID-19 GLOSSARY



ENGLISH			XHOSA	
TERM	PLAIN ENGLISH	DEFINITION	TRANSLATION	TRANSLATION
Viral vector vaccine	Viral vector vaccine	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.	Inguqu ebuthathaka yentsholongwane ephilayo	Inguqu ebuthathaka yentsholongwane ephilayo yiyo esetyenziswa kwisitofu esingena emizimbeni yethu ixelele umzimba ukuba intsholongwane yamanyan injani kwaye yenza njani. Lo nto incedisa umzimba ukulwa xa intsholongwane ifikile izokuhlasela umzimba.
Virus	Virus	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.	Intsholongwane	Intsholongwane yinto eyosulelayo encinci kwaye engenabu newu-newu. Iyaziphinda phinda kwiseli eziphilayo kwizilwanyana, ebantwini nakwi zityalo.
Virus Mutations	Virus changes	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.	Utshintsho lwentsholongwane	Utshintsho kulwakhiwo lwentsholongwanwe olutshintsha indlela umzimba ochaphazeleka ngayo. Zonke iintsholongwane ziyajoka emva kwexesha, ngokwenziwa lutshintsho kwindawo eyingqongileyo, okanye xa intsholongwane inwena kungabakho iimpazamo okanye ukulinganisa kungafani.
Vulnerable	Vulnerable	A person in need of special care, support, or protection because of age, disability, or risk of abuse or neglect.	Emngciphekweni	Umntu odinga uncedo lwezempilo, inxaso, ukhuseleko ngenxa yeminyaka, ukukhubazeka okanye ukuhlukunyezwa okanye ukungakhathalelwa.
Wave	Wave	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.	Ukunyuka kwezinga lentsholongwane	Xa izinga lokwesulelana ngentsholongwane lisenzeka ngokukhawulezileyo, nabantu abaninzi abasezibhedlele besweleka ngendlela ekhawulezayo.

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