



ZULU COVID-19 GLOSSARY



WASH HANDS KEEP A DISTANCE WEAR YOUR MASK OPEN WINDOWS

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ENGLISH			ZULU	
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.	Imiphumelela omubi	Okuqhamuka muva uma usutholile umjovo.
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.	Ukungezwani komzimba	Ukuguquka komzimba uma ithinta nento engazwani nayo.
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.	Amasosha Omzimba	Amasosha omzimba esegazini enqanda imbewu yokufa.
Asymptomatic infection	Asymptomatic	An infection without symptoms; no signs of illness.	Ukugula okungalindelanga	Ukugula okungatshengisi izimpawu.
Bacteria	Bacteria	Bacteria, also called germs to small to see with the naked eye. Some bacteria are good for you, while others can make you sick.	Amagciwane	Izinto ezincane ezitholwa entweni encolile ezibangela izifo.
Booster dose	Booster dose	An additional dose of a vaccine needed periodically to 'boost' the immune system.	Ukufaka umfutho/Umuthi ofaka umfutho	Umuthi onomfutho.
Breaking news	Breaking news	New and important information.	Ezihamba Phambili	Imininingwane entsha.
Chest Pain	Chest pain	When you feel pain in your chest or heart area.	Isifuba esibuhlungu	Izinhlungu esifubeni.
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.	Ukuhlolwa komuthi/ isivivinyo somtholampilo	Ukuhlolwa komuthi ukufeza ukuthi uphephile.
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'.	Ukutholeka	Isifo/Igciwane elitheleleka kumuntu/into komunye umuntu.

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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.	Isifo kade sikhona	Izifo/Ukugula okungalapheki.
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.	Umhlangano	Ukuhlangana kwabantu endaweni ethize.
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.	Izindaba ezingamanga	Izindaba ezingamanga.
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.	Uzotheleleka	Ukuthola igciwane/isifo.
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.	Ukungahambisani komithi	Imithi ehlangene ezinga sebenzisani.
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'.	Abantu abazange bagoma	Iqembu labantu abangatholanga umuthi wokugoma.
Coping	Coping	Being able to get through a difficult experience.	Bhekana/Melana	Ukubhekana nenkinga.
Data	Information	Facts, evidence and statistics	Imininingwane/Ubufakazi	Amaqiniso noma imininingwane ekhombisa iqiniso.
Depopulation	Depopulation	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.	Ukuncipha kwabantu	Ukuzama ukubulala inani labantu ukuze kube nabantu abancane abahlala emhlabeni.
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.	Ukuzizwa ungemnandi	Ukuzizwa ungemnandi ube nosizi.

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Diabetic	Diabetic	A person with high or low insulin levels.	Isifo soshukela	Isifo esibangwa wushukela omningi egazini.
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.	Khomba/ Khombisa	Ukubheka izimpawu ukuze kutholakale isifo onaso.
DNA	DNA	The small chemical that determines how a cell will look and what it will do.	Isotsha lomzimba elitshengisa isiqu	Isotsha lomzimba elitshengisa isiqu somuntu.
Dose	Dose	The amount of a medicine that you are allowed to take at one time	Isilinganiso	Isilinganiso somuthi wokwelapha.
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.	Umuthi wokugomela	Igciwane elithola amandla kubenzima amasosha omzimba alwe nayo.
Dry Cough	Dry Cough	A cough that feels like it is coming more from irritation in your throat.	Ukukwehlela	Ukukwehlela okungapheli kuze kube buhlungu isifuba.
Effective	Works	We say a vaccine “works” when it helps the body fight against a virus or bacteria.	Iyasebenza	Ukusebenza komuthi.
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	Amandla okusebenza komuthi.
Evidence	Proven facts	Facts or information which tell you whether an idea or belief is true.	Iqiniso	Imininingwane eyiqiniso.
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.	Ukuhlolwa	Inqubo eyenziwa ukuthola okungaziwa.
Exposed/exposure	Exposed	When you have been in contact with a person that has a virus like COVID-19.	Okuveziwe	Ukuba nokuthintana nomuntu oneCOVID-19 ungenayo.
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.	Ukwehlisa ukubhehetheka	Ukwehlisa ukubhehetheka.
Headache	Headache	Pain in your head	Ikhanda	Ukuphatwa yikhanda.
High fever	High fever	When your temperature is above 37 degrees, usually leads to sweating.	Imfiva ephakeme/ phezulu	Ukushiselwa komzimba.
Hotline	Hotline	A phone services that provides specific information.	Ucingo olusheshayo lokubika	Ucingo olusetshenziswa ukuthola imininingwane ethile.
Hypertension	Hypertension	High blood pressure.	Umfutho wegazi opezulu	Umfutho wegazi opezulu.

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Hypotension	Hypotension	Low blood pressure.	Umfutho wegazi ophansi	Umfutho wegazi ophansi.
Immune response	Immune response	The way your body fights against bacteria, viruses, and substances that appear foreign and harmful.	Ukulwa komzimba	Indlela Umzimba olwa ngayo igciwane.
Immune system	Immune system	All the parts of your body that fight 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.	Amasosha omzimba	Izitho zomzimba ezilwa negciwane.
Immunisation	Immunisation	Is the process where a person's body is given a vaccine that helps it fight a new virus like COVID-19.	Ukuvikeleka	Ukugonywa komunti ukuze umuntu avikeleke, avikele nabanye.
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.	Ukulwa kwamasosha omzimba	Uma umzimba ukhumbula igciwane elithize lisebenzise amasosha afanele ukuze alwe.
Immuno-compromised	Immuno-compromised	Having a weak ability for your body to fight a disease because of pre-existing diseases.	Ukungaphili komzimba	Umzimba awutholi amandla ukulwa igciwane ngenxa yokugula okungalapheki.
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.	Fukamela/Theleka	Ukuthleka kwegciwane emzimbeni ngaphambi kokutshengisa izimpawu.
Infectious	Infectious	Contagious/catchy – capable of making an infection.	Isifo esithathelwanayo	Isifo esithathelwanayo.
Inoculation	Inoculation	Another word for vaccination or immunisation – the process where you become immune to an infectious disease.	Ukujova	Ukuba nobuvikelelaka ngenxa yesifo/yegciwane.
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.	Ukuhlangiswa komithi	Ubunzima bomithi ngokusebenzisana.
Jab	Jab	A word that describes getting a vaccine dose.	Umjovo	Ukuthola umgomo.
Laboratory		A place equipped for experimental study in a science or for testing and analysis a research.	Indawo yokusebenzela ososayensi	Indawo yokusebenzela ososayensi.
Lockdown	Lockdown	A government regulation to limit people's movements and makes certain health behaviours compulsory.	Ukuvalwa kwezwe	Ukuvalelwa kwezwe ngokomthetho ngenxa yesifo.
Mandatory	Compulsory	Required by a law or rule: obligatory/compulsory.	Kubalulekile	Imithetho efanele ilandelwe.

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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.	Into engabonakali kalula	Igciwane elingabonakali kalula kuze kudingakala isibonakhulu.
Mimic	Copy	To copy / look-like / imitate something.	Uhlobo olodwa	Uhlobo olodwa.
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.	Isilungiselelo	Isilungiselelo elisiza amasosha omzimba ukulwa negciwane.
Mucus	Mucus	A slime found in the body.	Amafinyela	Amafinyela atholakala 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.	Okuyona iqiniso	Indaba engenaqiniso.
Non-pharmaceutical interventions	Health behaviours	Things that every person can do to prevent a disease that does not involve taking medicine.	Ukuzinakekela	Izinqumo ezithatwa ukuvikela ukugula.
Nurse	Nurse	A health worker that is the first and most regular person to give you care at a medical facility.	Umlhengikazi	Umuntu wetholampilo oqeqeshelwe ukunakekela abantu abagulayo.
Nursing	Nursing	A job where people care for the medical needs of people in clinics and hospitals.	Ukunakekela	Ukunakekela abantu abagulayo.
Open spaces	Open spaces	Places that are outdoors and have a lot of fresh air	Izindawo ezivulekile	Izindawo ezivulekile ezishaya umoya.
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.	Ukubhehetheka kwesifo eyingozi	Isifo/Igciwane elibhehetheka ezweni noma umhlaba wonke kuphila kanzima abantu.
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.	Ukuhlola	Ukuhlola ukuthi unegciwane futhi linjani.
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.	Ukuhlola okweqele	Ukuhlola okweqele ososayensi okubhekene nento eyodwa.
Placebo	Placebo	Substance or treatment that has no effect on human beings.	Umuthi ongenzi lutho	Umuthi ongenzi lutho emzimbeni.

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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.	Ukuvikeleka kweze	Ukujova iningi labantu ngomgomo ukuze bazivikele bavikele nabanye.
PPE	PPE	Personal protective equipment (PPE), is equipment worn to minimize exposure to hazards that cause injuries and illnesses. Masks are part of PPE.	Impahla yokuvikela	Impahla egqokwa ukuzivikela ukuze ungalimali noma ungatholi ukuthintana entweni eyingozi.
Public health	Public health	Public health is the process of protecting and improving the health of people and their communities.	Impilo yompakathi	Ukuvikeleka yempilo yabantu .
Public spaces	Public spaces	Any public place where people who are not from home can gather.	Izindawo zomphakathi	Indawo yompakathi lapho kuhlangukhona abantu.
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.	Ukuvalelwa ngenxa yesifo	Ukuzivalelwa ngenxa yokutshengisa izimpawu noma unegciwane.
Register	Register	The process using your phone or computer to give your details so that you can get the vaccine.	Bhalisa	Ukunikela ngolwazi lomuntu siqu ukuze uthole umuthi wokugoma.
Replicate		When a virus is spreading in your body, it is making more copies of the virus.	Phindaphinda	Uhlobo olufanayo legciwane oluthelaka emzimbeni.
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.	Ukuhlolwa okuthile	Ukuhlolwa komuthi ukuthi uphephile.
Saline	Salt water	A solution of salt in water.	Usawoti/itswayi	Amanzi anosawoti/Amanzi anotswayi.
Sanitize	Sanitise	To clean you hands with an alcohol based substance.	Sebenzisa/ Faka isibulala magciwane	Ukusebenzisa isibulala magciwane ukubulala amagciwane.
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.	Covid-19	Isifo esidalwa igciwane esihlukumeza izitho zomzimba ngokuphefumula.
Screening	Screening	Screening is questions asked to determine a person's risk of infection for a particular disease.	Ukuhlola	Ukuhlolwa kwezimpawu zomuntu.
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.	Ukuhlaliswa wedwa	Ukuhlala wedwa kuze ungateleli abanye ngokugula.

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Social distancing	Social distancing	The practice of maintaining a greater than usual physical distance (such as 1.5 meters or more) from other people.	Ukugela eduze nabanye	Ukungathintani nabanye.
Soreness	Soreness	Pain in your muscles and joints.	Izinhlungu	Izinhlungu zomsipha namalunga.
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.	Igciwane elimiswe kwemeva	Izinto ezimiswe kwemeva ezisebenzisana negciwane ukuze ihlasela umzimba.
Susceptible	Vulnerable	When a person can get sick quickly or because of pre-existing diseases could get very sick.	Ukugula kalula	Ukugula ngokushesha.
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.	Izimpawu	Ukushintshwa kwezitho zomzimba ukutshengisa ukugula.
Technology	Technology	New tools or processes.	Ubuchwepheshe	Izindlela ezintsha zokusebenza.
Tight chest	Tight chest	When a person's chest hurts and they feel like breathing is difficult.	Isifuba esiqinene	Ukuba nesifuba esibuhlungu kuze kube nzima ukuphufumula.
Tiredness	Tiredness	Feeling tire more than usual	Ukukhathala	Ukukhathala okungapheli.
Transmission	Transmission	Is the passing/spreading of a disease from an infected individual or group to a previously uninfected individual or group.	Ukundluliswa	Ukuthleka kwegciwane.
Transmit	Pass on	Cause (something) to pass on from one person or place to another. E.g.: COVID-19.	Ukuthlela	Ukuba nokuthintana nomuntu oneCOVID-19 ungenayo.
Trial	Test	A test or experiment, usually conducted under specific condition.	Ukuhlola	Ukuhlola ukuthi unegciwane elinjani.
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.	Umgomo	Umuthi osetshenziswa ukulwa igciwane.
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.	Ukungafuni ukuthola umgomo	Ukungafuni ukuthola umjovo ngenxa yolwazi oluncane.
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	Inhlobo enye yegciwane	Inhlobo enye yegciwane.
Ventilation	Ventilation	The provision of fresh air to a room, building or building. A space with good airflow is well ventilated.	Umoya omusha	Ukungeniswa komoya endaweni evalekile.

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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.	Uhlobo lomgomo	Uhlobo lomgomo olusiza amasosha omzimba ukulwa negciwane.
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.	Igciwane	Ukubulawa kwamasosha omzimba.
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.	Ukushintsha kwegciwane	Ushintso legciwane lapho sekushintsha ukuthi lizokugulisa kanjani.
Vulnerable	Vulnerable	A person in need of special care, support, or protection because of age, disability, or risk of abuse or neglect.	Ukudinga ukunakekelwa	Umuntu odinga ukunakekelwa ngenxa yesimo.
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.	Ukukhuphuka okwephakeme kokugula	Ukukhuphuka okwephakeme kwenani labantu abatholokala negciwane.

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.

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