



# **Staying Home Baki Nyumbani**

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At the moment, there is a sickness called Coronavirus or COVID-19 that people can get from being close to others and catching their germs. Germs are tiny things you cannot see.

Kwasasa kuna ugonjwa uwitwayo COVID-19 ambawo watu wana weza kuupata kwa kukaribiana na kupata Kimelea. Kimelea ni kitu kidogo sana ambacho huwezi kiona.





Because of this virus, things will be different for a while. People are staying home as much as they can. People need to wash their hands often and try not to touch their faces. This keeps the germs away.

Kwa sababu ya hivi Virusi, mambo yata badilika kwa mda mrefu. Watu wanakaa majumbani mda mwingi inapo hitajika kukaa. Watu wana wosha mikono yao na kuepuka kugusa nyuso zao. Hivi ndivyo tuta jilinda na Kimelea kua mbali nasi.



Some people will still go to work or preschool or the shops.

Watu wengine bado wana kwenda makazini au shuleni na madukani.



I may not go to preschool for a while, but I can think about my friends when I play at home.

Inawezekana nisiendi shuleni ,lakini bado nawa fikiria marafiki zangu ninapo kua nacheza nyumbani.





While I am at home, I might talk to my teachers on the phone or on a video call or they might give me some ideas for things I can do at home.

Wakati nipo nyumbani, naweza nika ongea na Mwalim wangu kwa njia ya Sim au njia ya sim ya Video pia na wana weza kunisaidia mawazo mbali mbali ya kitu gani naweza kufanya nyumbani.



I can go out for some exercise with my family, but we cannot get close to people I don't live with.

Naweza kwenda sehemu kwa kufanya mazoezi na Familia yangu, lakini hatuwezi kuwa karibia watu ambao hatu ishi nao pamoja.





I cannot play on the play equipment at the park because there might be germs, but I can walk through the park with my family.

Siwezi kushezea kwenye vyombo vya uwanjani, sabubu inawezekana vikawa na Kimelea, lakini naweza kutembea uwanjani nikiwa na familia yangu.





I cannot visit my grandparents and other people. This is to make sure we all stay healthy. I can send them letters and drawings, talk to them on the phone or maybe video chat with them.

Siwezi kuwa tembelea ma babu na ma bibi zangu na watu wengine pia. Hivi ni kwa sababu tubakie na afya zetu nzuri. Naweza kuwatumia barua na michoro nilio chora mimi, kuongea nao kwa njia ya sim au Video pia.



I cannot go out to do the activities I used to, like sport, music, dancing or art. I can do these things at home instead.

Siwezi kwenda sehemu kufanya chochote nilivo zoweza, kwa mfano mazowezi, mziki, kucheza, au kuchora, Naweza kufanya yote hayo nyumbani tu.





Sometimes the grown-ups in my family might be working at home. This might feel different. I might need to play by myself and they might ask me to play quietly sometimes while they work.

Mda mwengine watu wa kubwa kwenye familia yangu wana fanyia kazi zao nyumbani. Ni hivo hujisikia tofauti. Huwa najisikia kucheza mwenyewe na wao wanasema nicheze kwa ukimya zaidi wanapo kua wana fanya kazi zao.





Sometimes I might feel sad or frustrated about things being different.

I can talk to a grown-up and they will help me.

Wakati mwengine najisikia kukasirishwa na gisi mambo yako tofauti.

Naweza kuongea na mtu mkubwa na ana weza kuni saidia.



I can spend more time  
with my family doing  
fun things and being  
together.

Na weza kutumia mda  
mwingi na familia  
yangu tukifanya  
mambo mazuri ya  
kufurahisha kwa  
pamoja.



When the virus stops spreading, we will all be able to do the things we used to do again. Staying at home a lot for now helps everyone to stay healthy.

Wakati Virusi viki pungua au kuisha ,tutaweza kufanya mambo tulio zoweya kufanya apo zamani.kukaa nyumbani kwa sana inatusidia sote kua kwenye Afya njema.