

# Ākupo Pōōri po Koroona



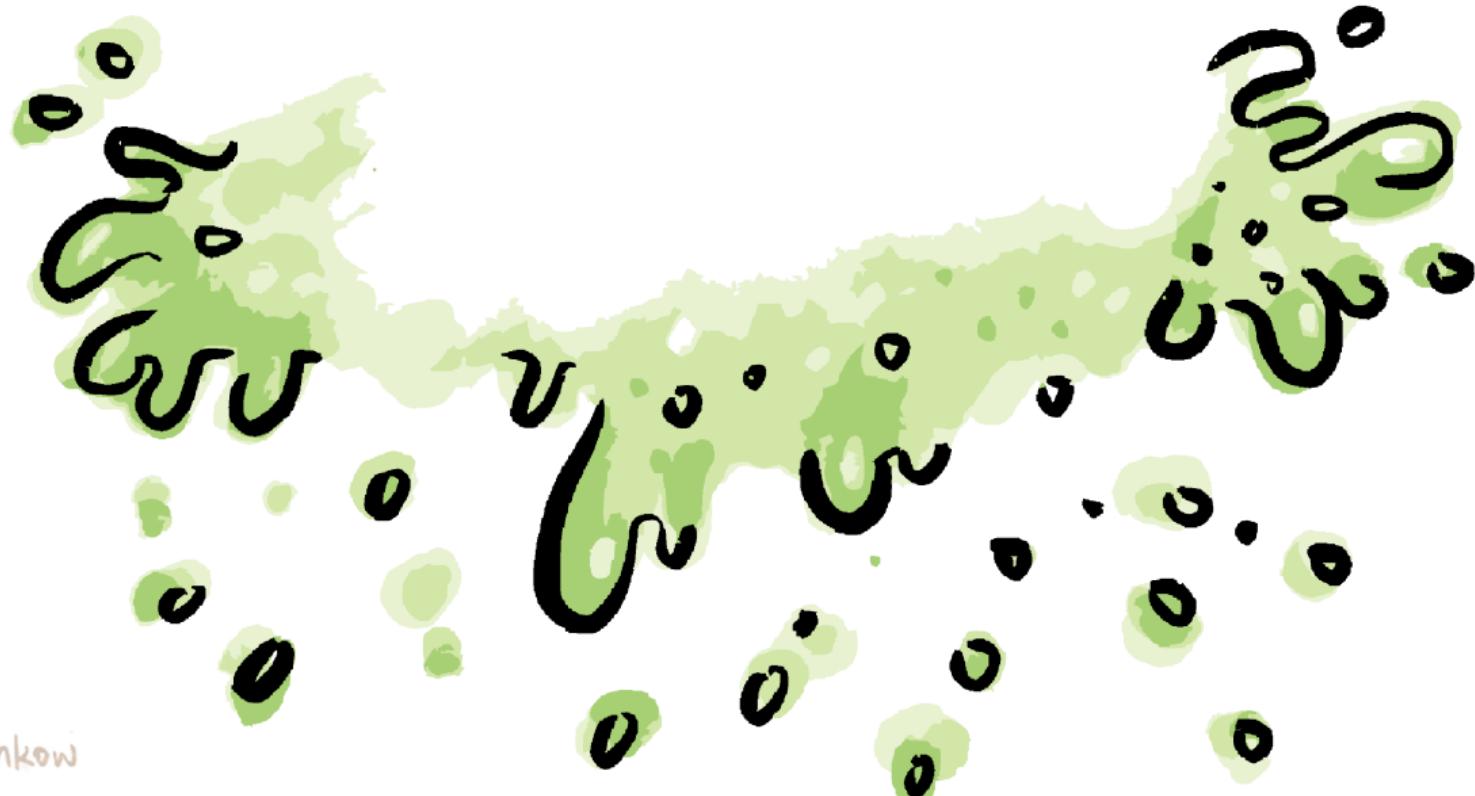
@weimankow

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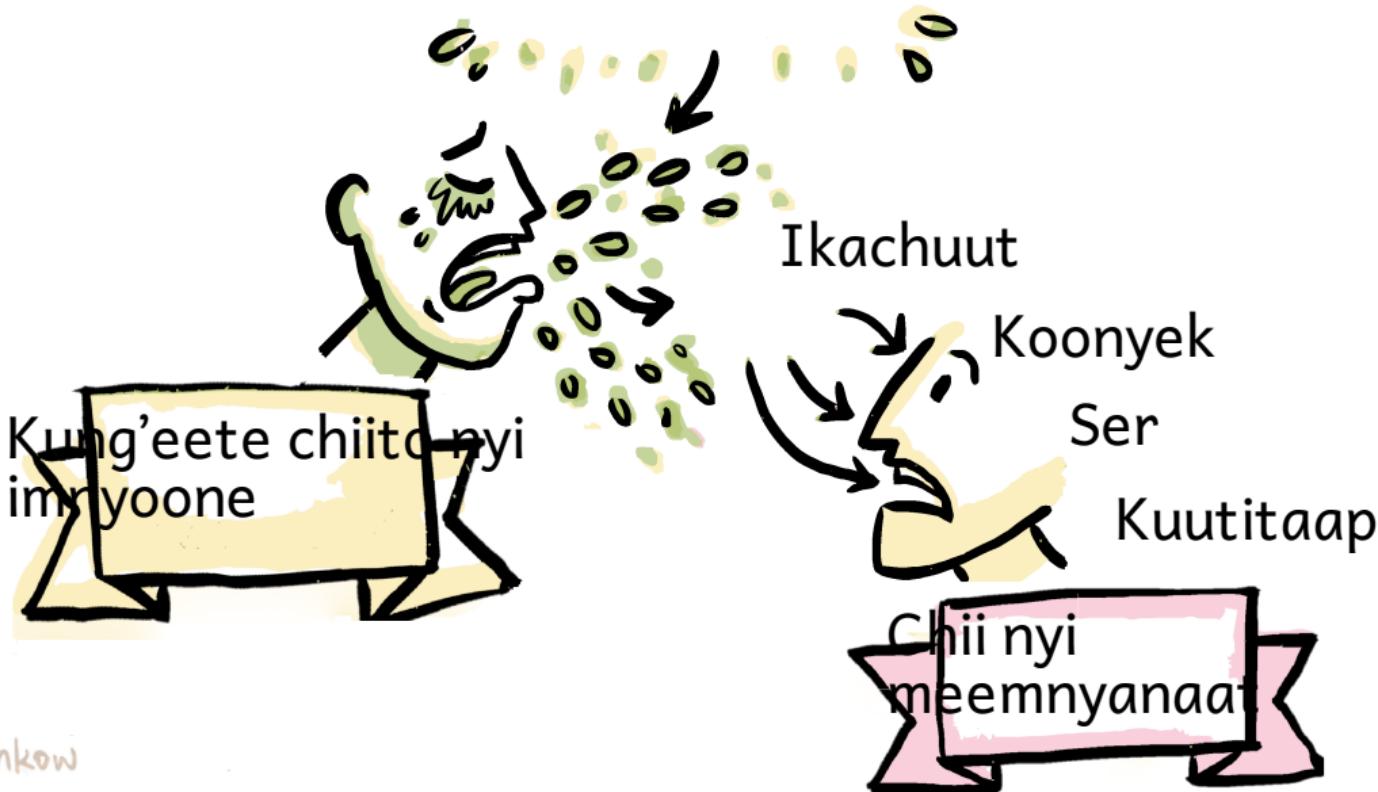
Sengwer

Health

Mii kiy **AKENG** nyi keemakyining ikuuye ākupo weli  
kimuuche kiinaamta keey pōōri po koroona



Pōōri po koroona kunāme chii  
ake ikasokorta ng'ula



Āku anyuun yi keeroo chii kulōōlē/kuuryoonye  
/imnyoone, iilēwēn iiyay ng'aleechu:



- O Itapaan keey. Kelyek ā-eeny si  
kukārteeng mu ng'uleek chi nyikiisēēn.

# Nda



Kiy nyi  
imwooytoooye  
kōōngōy

2

Ikoochi icheekat kiy nyi kikārtooyee kuutit nda  
ku seruunek. Imuuche kuloolchi nda kuryoongyi  
kiyoonet āk ku karta chii ake tokol nyi lēēkite

Āku miisin, kiy nyi nyoolu ku-istokeey  
weli mii kaayumetaap piich, āmu  
meemuche inaay chii nyi mnyoone.

Imuuch kuumnyoone chiito  
kumeepoorkeey tukuuk chi  
ipooru pōōrito āku inoomtooy  
piich alak.



Imukākse kukartakeey kityo  
mpo ndu mamnyāāne.

Āku anyuun, kasarta ake imuuche kunam  
ng'ulekaap chii nyi imnyoone tukun alak...



Ēwuunekwaak



ewuunekaap  
kurkootin



Anwoos chi  
name piich mu  
karisyekaap  
reeli



Kalamuusyek

Kiy nyi  
kitooreteekeey  
chii kupoysyee  
kompyuta



Tukuukaap  
maat chipo  
kasari kuyuu  
simuusyek nda  
koompyuuta



Kartasiis chi  
kipoysye kipuuke  
ēwuun nda mu  
kaapchoo



Tukuuk chi kinyapire  
kelondooy mu korikaap  
korofa



Tukuuk chi kiname  
kelondooy korofa

- Āk mpo wel i po
- saangndaap kiito nyi
- ikartoo-e kuutit āk
- seruut



Chii nyi  
mamnyanaat

Āku yi keenam tukuuchuto ku meenay āk inaam  
mataanyng'uung,



Omuuche omnyoon'ye tokol

Imuuch kutepi pōōrito tukuun alak  
mu **saa-isyek** chi ng'eri,



Āk weli kiimuche kiiwaany ku kakiiwuun tukuuchooto mu  
sapuuni, nda ku sapuunisyek alak chi iwoonye simto.

Nyooto anyuun si ku po kaamanuut  
keeruup ng'aleechu



Kar kong

# 1

Meenam matanyng'uung. (Nda ku nyipo chii ake.)  
Yoo imache inam matanyt, taay iwuuñ ēwuunekuuk  
kukaraam mu sapuuni.

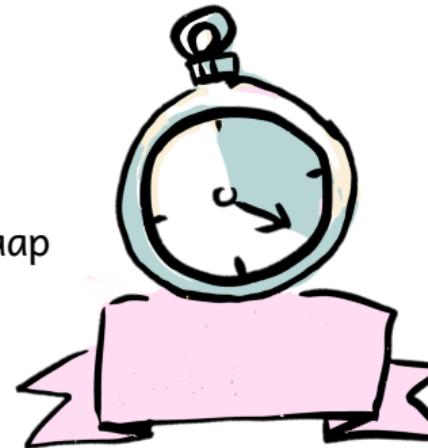


# Nyi makaat miisin

Iwuun lētuutaap  
mornakaap  
ēwuunekuuk



Kwēnuutaap  
mornaak



Mu kasarta  
nyipo  
sekundiisyek  
tuptem



2

Wirtee kiy nyi keekartooye kutiit āk seruut yi kaakunyaliliit. Meelaach kusiir pētuut akenge!

Imuuche kutasak  
tukuun chi koonu  
pōōrwo chi ter ter  
mu weli po orit  
ikeelaach mu  
kasarta nyi kōōy

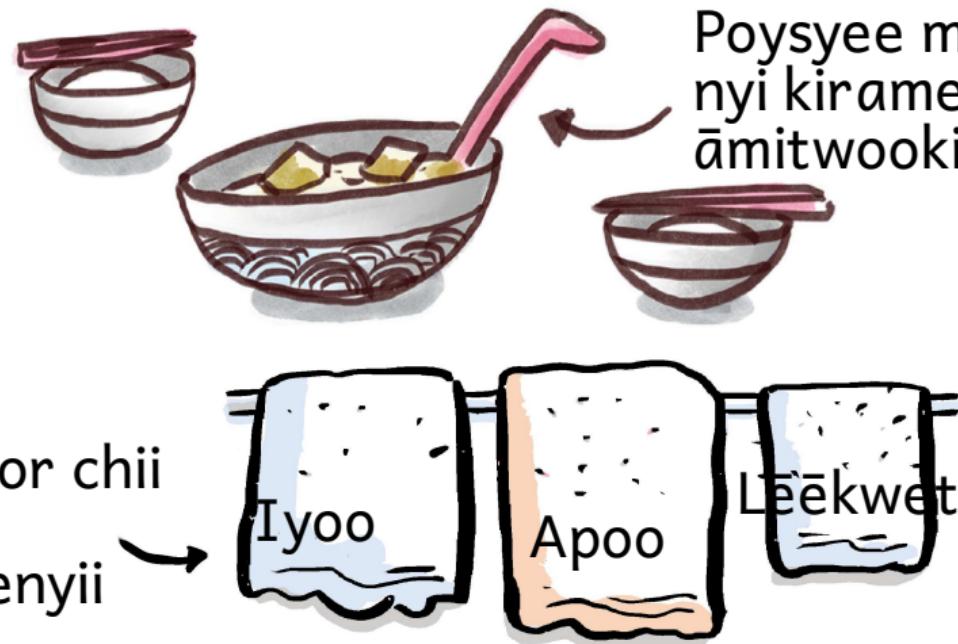


Kukeny, meenam  
saangtaap kiyoonet  
ikartooye kutiit āk  
seruut.

Yi keenam ku  
mee-imkeey. iwuun  
ēwuunekuuk kityo mu  
sapuuni.

3

## Mooyamte āmit, karin, kikompes, tawuloos



4

Yaat āk kiikar kurket mu kipkongi  
nda ku kitikyeng'uung kusir ēwuun,  
yi imuukākse.



Meemuukakse inam  
matanyikuuk mu  
kipkongiing'uung  
mpo ngutu iityem.



Āku nyipo Lēt,



Iwuun ēwuunekuuk mu  
sapuuni kasarta ake tokol...

- Kutōōmō  
iyāāmiisye



- Āk yi kakeemande  
saang weli chaang  
piich

Riipkeey  
chii ake  
tokol!



sapuuni

Riipkeey  
chii ake  
tokol!



sapuuni



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# Okas āk oyay tuukuk chi mwāā-e kaaynyāāyik

1. "How to avoid the coronavirus? Wash your hands", by Elizabeth Rosenthal, in the New York Times, Opinion. (Jan 28, 2020)
2. "The Wuhan Virus: How to stay safe", by Laurie Garrett, in Foreign Policy, Report. (Jan 25, 2020)
3. "This animation shows how far your sneeze can actually travel" by Chia Yi Hou and Andrea Schmitz, in Business Insider (Jan 21, 2020)



Osooman siruutik alak chi  
mwau akupo poorito.



**Additional notes:** Hygiene precautions in comic are effective in preventing many other common infections such as flu and cold, and should be applied in every day life, even when there is no epidemic.

**References:** Information in comic is based on understanding of COVID19 up till 28 Feb 2020, and mainly from these three references. <https://www.nytimes.com/2020/01/28/opinion/coronavirus-prevention-tips.html> <https://foreignpolicy.com/2020/01/25/wuhan-coronavirus-safety-china/> <https://www.businessinsider.com/how-far-sneeze-cough-germs-can-travel-2018-10>

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Ākupo Pōōri po Koroona

Sengwer  
Kenya

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