

**DEVELOPED BY
SECWPEMC ELDERS
& KNOWLEDGE
KEEPERS:**

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Covid-19 Phrases in Secwepemctsin

1. Taking care of one another. Me7 yecwmentwécw-kt.
2. Taking care of ourselves. Me7 yecwmenstsút-kt, kwemtús yeri7 re syecwmenstsút-kt.
3. Cleaning our workplaces, homes, tikwemtús me7 sctśéwellcw-kt ne c7elkstén-kt ell ne tsetsítcw-kt!
4. Social distancing or staying apart - Ta7 me7 smimeyentwécw-kt.
5. Small gatherings. Ta7 put k scwete7úys tek qelmúcw me7 melkwilc-et. Ta7 me7 stéwenmentwecw-kt pyin.
6. Protecting our elders or knowledge keepers from sickness. Me7 yecwemíntem re stetex7ém-kt es ta7s es k7eps.
7. A time of illness. Tsqéntém re qelmúcw te tícwell te xexé7 te sk7ep.
8. Washing our hands. Ta7 me7 sllépentem es tśéwkstem-kt tikwemtús. Ta7 us k sllépentp re tśéwsten m-tśéwkstemep. Me7 xwúsentp re kelkélc-emp.
9. Connecting with people so we don't feel alone. Me7 wektwécw-kt ne ctśemqín ten, ell me7 qwel7éyentwécw-kt ne cqweltélkweten es ta7s es cmup-kt (literally: Let's see one another on our computing devices, and let's talk by phone so we will not be lonely).
10. Be safe, be calm, be kind. Me7 yecwestsút-kp, me7 qemqém-kt, me7 le7stwécw-kt!

Additional phrases, as suggested:

11. Ta7us k stsgeyús-kp, (stspiyús = ready to cry) me7 kwemtúses ke7 sqwi7s.s. – don't be angry-faced, always have a smile!
12. Ta7 us ke7 smimúytsnem (don't yourself cry – in other words, put a brave face on it)
13. Tsúntels es yecwmenstwécw-kt es ta7s es k7ep-kt nek sllwélsten – we need to look after one another so we will not get sick this fall!