

Department of Sport, Arts, Culture and Recreation

Language Services

Authenticated COVID-19 Terminology

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No.	Term	Definition	Sesotho
1.	Quarantine	A state, period, or place of isolation in which people or animals that have arrived from elsewhere or been exposed to infectious or contagious disease are placed.	Pehelothoko / Kotelo / Ho kgetholla / Ho seka
2.	Lockdown	A state of isolation or restricted access instituted as a security measure	Thibelo ya metsamao / Mokwallo / Phokotso ya metsamao
3.	Proximity	Nearness in space, time, or relationship.	Bohaufi / Katamelano
4.	Co-morbidity	Co morbidity is the state of having multiple medical conditions at the same time, especially when they interact with each other in some way. Morbidity is the state of being sick or having a disease	Malwetse/Mafu a mang mothong
5.	Guidelines	A general rule, principle, or piece of advice	Tataiso / Tshupatsela / Tsela ya/Mokgwa wa tshebetso
6.	Droplets	A very small drop of a liquid	Marothodi
7.	Contact tracing	Contact tracing is the process of identifying, assessing, and managing people who have been exposed to a disease to prevent onward transmission	Ho batlana le ba tshwaeditsweng
8.	Social distancing	Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing: Stay at least 6 feet (about 2 arms’ length) from other people	Tshielano ya sebaka / Qaqolohano

9.	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	Boikgethollo / Boitsheko
10.	Virtual meeting	A virtual meeting is when people regardless of their location, use video, audio and text to link up online. Virtual meetings allow people to share information and data in real time without being physically located together.	Kopano ka dikgokahano tsa inthanete / Kopano ka marangrang a inthanete
11.	Risk adjustment approach	To calculate the value to be added by multiplying the probability.	Leano la ho qoba kotsi
12.	Spanish flu	A deadly influenza (H1N1)	<i>Spanish flu</i>
13.	Great depression	Great depression was a severe worldwide economic depression that took place during the 1930's.	Kgatello e kgolo ya moruo
14.	Class suicide	All classes of death resulting directly or indirectly from the positive or negative acts of the victims.	Boipolayi ba bongata ka sepheo
15.	Elbow	elbow joint is a complex hinge joint formed between the distal end of the humerus in the upper arm and the proximal ends of the ulna and radius in the forearm.	Setsu

16.	Mask	A covering made of fibre or gauze and fitting over the nose and mouth to protect against air pollutants, or made of sterile gauze and worn to prevent infection of the wearer or (in surgery) of the patient	Semonkwane / Semamphalo / Maske
17.	Corona virus	Coronavirus: a type of common virus that infects humans, typically leading to an upper respiratory infection (URI).	Kokwanahloko/Vaerase ya corona
18.	Vaccine	A substance used to stimulate the production of antibodies and provide immunity against one or several diseases, prepared from the causative agent of a disease, its products, or a synthetic substitute, treated to act as an antigen without inducing the disease.	Ente / Moento / Vaksini
19.	Inflamed lungs	Pneumonitis (noo-moe-NIE-tis) is a general term that refers to inflammation of lung tissue. Technically, pneumonia is a type of pneumonitis because the infection causes inflammation	Matshwafo a ruruhileng / Borurusi matshwafong
20.	Sanitizer	Sanitizer is a substance or fluid designed to kill germs on skin and objects	Sebolayadikokwanahloko / Sanithaeza
21.	Alcohol spirit	Generally, the alcoholic concentration of spirits is rather high, usually over 60%. ... As flavouring agents, they are used to impart the flavour of their solute to other pharmaceutical preparations	Spiriti tahing/alkhoholong
22.	Restriction	A limiting condition or measure, especially a legal one	Kgino / Thibelo
23.	Essential service	Essential services may refer to a class of	Tshebeletso ya mantlha/bohlokwahlokwa

		occupations that have been legislated by a government to have special restrictions in regard to labour actions such as not being allowed to legally strike.	
24.	Disaster	A sudden accident or a natural catastrophe that causes great damage or loss of life.	Koduwa / Tlokotsi / Tsietsi / Mahlomola
25.	Pandemic	An outbreak of a pandemic disease.	Sewa sa lefatshe
26.	Steering committee	A committee that decides on the priorities or order of business of an organization and manages the general course of its operations.	Komiti ya tekolo / Komiti e lekolang
27.	Task team	Is a group of people joined temporarily or permanently to accomplish some task or to be engaged into some project	Sehlopha sa tshebetso
28.	War room	A command center is any place that is used to provide centralized command for some purpose. While frequently considered to be a military facility, these can be used in many other cases by governments or businesses	<i>War room</i>
29.	Virus spread	The spreading of the virus in an area	Ho ata/nama ha vaerase/kokwanahloko
30.	Airborne	Transported by air	-tsamayang ka moya
31.	Precaution	A measure taken in advance to prevent something dangerous, unpleasant, or inconvenient from happening	Boitshireletso / Boipaballo / Tlhokomelo / Tshireletso
32.	Directive	An official or authoritative instruction	Taelo

33.	Screening	The evaluation or investigation of something as part of a methodical survey, to assess suitability for a particular role or purpose	Tlhahlobo / Boitholo / Ho skrina
34.	Test kit	Equipment used for testing patients	Khiti ya diteko
35.	Test	A procedure to confirm symptoms	Teko
36.	Screening temperature	Non-contact infrared thermometry temperature measurement for screening fever	Tekolo/tlhahlobo ya motjheso/mohatsela / Tekolo/tlhahlobo ya themphereitjha
37.	Personal protective equipment (PPE)	PPE is equipment that will protect the user against health or safety risks at work. It can include items such as safety helmets, gloves, eye protection, high-visibility clothing, safety footwear and safety harnesses. It also includes respiratory protective equipment (RPE).	Disebediswa tsa boitshireletso/ho itshireletsa
38.	Inflammation	A localized physical condition in which part of the body becomes reddened, swollen, hot, and often painful, especially as a reaction to injury or infection.	Borurusi
39.	Bacteria	a member of a large group of unicellular microorganisms which have cell walls but lack organelles and an organized nucleus, including some which can cause disease.	Baktheria
40.	Disaster management	the organization and management of resources and responsibilities for dealing with all humanitarian aspects of emergencies, in particular preparedness,	Taolo ya tlokotsi/koduwa/tsietsi/mahlomola

		response and recovery in order to lessen the impact of disasters.	
41.	Risk management	The forecasting and evaluation of financial risks together with the identification of procedures to avoid or minimize their impact.	Taolo ya kotsi
42.	Hazard	A danger or risk	Kotsi
43.	Transmission	The action or process of transmitting something or the state of being transmitted.	Tshwaetsano / Neheletsano / Nehano / Phetiso ya tshwaetsano
44.	Prevention	The action of stopping something from happening or arising	Thibelo
45.	Cure	A substance or treatment that cures a disease or condition	Pheko
46.	Recovery	A return to a normal state of health, mind, or strength.	Ho hlaphohelwa/fofa
47.	Respirator	An apparatus used to induce artificial respiration	Respireitha / Sehemisi / Sethusaphefumoloho
48.	Surface	The outside part or uppermost layer of something	Sebaka / Bokahodimo
49.	Strict measure	Adhering closely to specified rules, ordinances, etc	Mehato/melawana e thata / Ditaello tse thata
50.	Awareness	Knowledge or perception of a situation or fact.	Temoso / Thuto
51.	Safety measure	Safety measures are activities and	Mohato/mokgwa wa tshireletso

		precautions taken to improve safety, i.e. reduce risk related to human health.	
52.	Disinfectant	A chemical liquid that destroys bacteria	Selwantshadikokwanahloko / Sebolayadikokwanahloko
53.	Fumigation	The action or process of disinfecting or purifying an area with the fumes of certain chemicals.	Ho futhela / Ho lwantsha dikokwanahloko / Mokubetso / Mokunketso
54.	Surgical mask	A surgical mask, also known as a face mask, is intended to be worn by health professionals during healthcare procedures.	Maske / Semonkwane / Semamphalo
55.	Examination	Inspection or investigation, especially as a means of diagnosing disease. Physical examination examination of the bodily state of a patient by ordinary physical means, as inspection, palpation, percussion, and auscultation.	Tlhatlhobo
56.	Discrimination	the unjust or prejudicial treatment of different categories of people, especially on the grounds of race, age, or sex	Kgethollo / Ho kwekwetla / Ho kotela / Ho nena
57.	Patient	A person receiving or registered to receive medical treatment	Mokudi
58.	Recommendation	a suggestion or proposal as to the best course of action, especially one put forward by an authoritative body	Kgothaletso
59.	Biometric system	A biometric system is a technological system that uses information about a person (or	Motjhini wa bayometriki/wa boitsebiso

		other biological organism) to identify that person	
60.	Access control	Access control is a security technique that regulates who or what can view or use resources in a computing environment. It is a fundamental concept in security	Taolo ya ho kena le ho tswa
61.	Zoom	Zoom is a web-based video conferencing tool with a local, desktop client and a mobile app that allows users to meet online	<i>Zoom</i>
62.	Regulation	A rule or directive made and maintained by an authority	Molawana
63.	Hotline	A direct telephone line set up for a specific purpose, especially for use in emergencies or for communication between heads of government	Mohala wa tshohanyetso
64.	Call centre	An office in which large numbers of telephone calls are handled, especially one providing the customer services functions of a large organization	Setsi sa mehala / <i>Call centre</i>
65.	Inspector	An official employed to ensure that official regulations are obeyed, especially in public services	Mohlalobi
66.	Assessment	the action of assessing someone or something	Tekolo / Tekanyetso
67.	Mobile clinic	Mobile clinics are customized vehicles that travel to the heart of communities, both urban and rural, and provide prevention and healthcare services where people work, live, and play.	Tiiliniki ya hloma o hlomolle / Tiiliniki e mabidi/e tsamayang

68.	Gloves	A covering for the hand worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.	Diatlana / Ditlelafo
69.	Personal hygiene	This practice includes bathing, washing your hands, brushing your teeth, and more. Every day, you come into contact with millions of outside germs and viruses.	Boitlhokomelo/boitshireletso
70.	Cloth mask	Mask made from cloth material	Semonkwane/Semamphalo sa lesela / Maske ya lesela
71.	Consultation	The action or process of formally consulting or discussing	Bokopakeletso / Puisanokeletso / Ho kopa/batla keletso
72.	Cabinet	A cabinet is a body of high-ranking state officials, typically consisting of the top leaders	Kabinete
73.	Prohibit	Formally forbid someone from doing something	Thibela / -sa dumellwang
74.	Tobacco	The plant of the nightshade family which yields tobacco, native to tropical America	Kwae / Motabo
75.	Alcohol	any organic compound whose molecule contains one or more hydroxyl groups attached to a carbon atom	Tahi / Alkoholo
76.	Permitted goods	Products permitted to be sold under covid 19 levels regulations	Thepa e dumelletseng
77.	World Health	(WHO) core function is to direct and	Mokgatlo wa Lefatshe wa tsa Bophelo (WHO)

	Organization (WHO)	coordinate international health work through collaboration.	
78.	Mortal remains	That which remains of a human body after death	Setopo
79.	Disposal	The action or process of getting rid of something	Ho lahla
80.	Information dissemination	The process of disseminating information	Tsamaiso ya tlhahisoleseding/lesedi / Phatlalatso ya lesedi/tlhahisoleseding
81.	Graph	A diagram showing the relation between variable quantities, typically of two variables, each measured along one of a pair of axes at right angles.	Grafo
82.	Curve	A line or outline which gradually deviates from being straight for some or all of its length	Mothinya / Kheve
83.	Public transport	Transport mode used by the public	Dipalangwang tsa bohle/tsa setjhaba
84.	Compliance	The action or fact of complying with a wish or command.	Boikamahanyo / Ho latela taelo / Ho ikamahanya le melao
85.	Compliance officer	A person who is employed to ensure that a company does not contravene any statutes or regulations which apply to its activities	Mohlanka wa boikamahanyo
86.	Sample	A small part or quantity intended to show what the whole is like	Mohlala / Sampole
87.	Tissue	Any of the distinct types of material of which animals or plants are made, consisting of specialized cells and their products	Thishyu

88.	Saliva	Watery liquid secreted into the mouth by glands, providing lubrication for chewing and swallowing, and aiding digestion	Mathe
89.	Sneezing	Make a sudden involuntary expulsion of air from the nose and mouth due to irritation of one's nostrils	Ho ithimula
90.	Prevention tips	Tips on the act or practice of stopping something bad from happening	Dikeletso tsa/Maele a ho thibela / Tsela ya ho thibela/ho itshereletsa
91.	Coughing	Expel air from the lungs with a sudden sharp sound	Ho hohlola / Ho kgohlela
92.	Reported cases	People who are close contacts of a confirmed case or who have returned from overseas in the last 14 days; anyone admitted to hospital.	Ditlaleo tse nnetefaditsweng / Dipalopalo tse nnetefaditsweng
93.	Mild illness	Illness that is not very strong or severe	Bohloko bo seng bohale / Bohloko bo sa totang
94.	Emergency	A serious, unexpected, and often dangerous situation requiring immediate action	Tshohanyetso
95.	Warning signs	A warning sign is a type of sign which indicates a potential hazard	Matshwao a temoso/tlhokomediso
96.	Symptoms	A physical or mental feature which is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient	Matshwao a ho kula
97.	Medical attention	Medical attention means that level of medical care in which a physician provides acute care or active treatment of medical, surgical,	Tlhokomelo ya bongaka e kenelletseng

		obstetrical, psychiatric, chronic, or rehabilitative conditions, that require the observation, diagnosis, and daily treatment by a physician	
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