

Saidia Kuzuia Ugonjwa Kuenea

Chukua hatua kila siku ili kusaidia kuzuia kuenea kwa virusi vya magonjwa ya kupumua kama vile virusi vya korona, homa na mafua:



Nawa mikono yako mara kwa mara kwa sabuni na maji kwa angalau sekunde 20 – hasa baada ya kutumia bafu/choo au kupenga pua yako, na kabla ya kula.

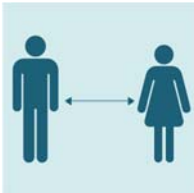
Ikiwa sabuni na maji havipatikani, tumia kitakasa mikono kilicho na kileo kwa kiwango cha angalau asilimia 60.



Funika kikohozi chako au piga chafya kwa kiwiko chako au karatasi ya shashi.



Usiguse macho yako, pua wala mdomo kwa mikono ambayo haijaoshwa.



Kaa umbali wa futi 6 kutoka kwa wengine.



Kaa nyumbani ikiwa unaumwa.



Vaa barakoa ukiwa na watu wengine.



Safisha na utumie kipukusi kwenye nyuso za vifaa mara kwa mara.

Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like coronavirus, cold and flu:



Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

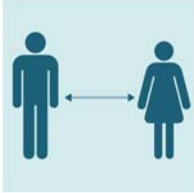
If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay 6 feet away from other people.



Stay home when you are sick.



Wear a mask around other people.



Clean and disinfect objects and surfaces regularly.