

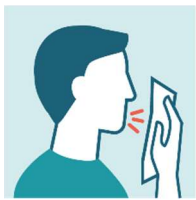
Swahili

## Saidia Kuzuia Magonjwa Kuenea

Chukua hatua kila siku ili kusaidia kuzuia, maambukizi ya virusi ya magonjwa ya kupumua kama vile homa na mafua:



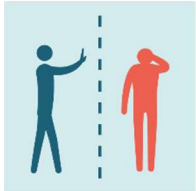
Osha mikono yako mara kwa mara kwa sabuni na maji kwa muda usiyokuwa chini sekunde 20 — hasa baada ya kutumia choo au kusafisha pua yako na kabla ya kula.



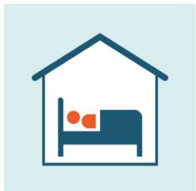
Ikiwa sabuni na maji hazipatikani, tumia zile dawa ya kupagaa mikononi kwa kuuu virusi, dawa yenyi kuwa ndani yake alcohol kileo isiyo kuwa chini ya 60%



Funika kikohozi chako au kupiga chafya ndani ya kiwiko au tishu.



Usiguse macho, pua wala mdomo wako kwa mikono ambayo isiyooshwa.



Kaa mbali na watu ambao ni wagonjwa.



Kaa nyumbani Kwako wewe ni mgonjwa.

Safisha vifaa na safisha mara kwa mara uso wa vitu kwa kutumia dawa za kukinga utawala wa magonjwa.

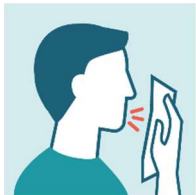
# Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like 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 away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.