

COVID-19 Fahamu Hatari

Mifano ya shughuli za kila siku na kiwango cha hatari.

Kila hali na shughuli ina sababu tofauti zinazoongeza au kupunguza hatari. Hatuwezi kuondoa hatari zote, lakini tunaweza kupunguza hatari. Tunaweza kuchagua shughuli salama, au tufanye shughuli hatari kuwa salama kwa kupata chanjo, kuvaa barakoa, kunawa mikono, kukaa futi 6 mbali na wengine na kukaa nyumbani tunapouguu. Tazama baadhi ya mifano ya shughuli na viwango vyao vya hatari.

Hatari ya Chini

Hatari ya Juu



Endesha gari ukiwa peke yako

Endesha gari au abiri gari la kushiriki

Abiri basi

Safiri kwa ndege

Vinjari kwa meli ya utalii



Nunua vyakula vya kubeba

Barizi katika bustani

Kula kwenye ua wa mkahawa

Kula ndani ya mkahawa

Kula kwenye bafe iliyojaa watu



Letewa vyakula unavyonunua

Chukua vyakula kando ya barabara

Fanya ununuzi kwenye soko wazi

Fanya ununuzi ndani ya duka

Fanya ununuzi ndani ya duka lenye shughuli nyingi



Hudhuria tamasha la mtandaoni

Tazama mpiga gitaa

Hudhuria muziki kwenye bustani

Hudhuria tamasha la ndani

Enda kucheza densi



Pigia simu rafiki

Tembea pamoja na rafiki

Jumuika na marafiki wachache nje

Jumuika na marafiki wachache ndani

Enda kwenye baa iliyojaa watu



Cheza kadi kwenye bustani

Cheza kwenye bembea

Cheza kwenye mchezo wa kupanda kifaa

Jumuika na marafiki ndani

Cheza kwenye sehemu ya ndani ya mipira

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Swahili

COVID-19 Know the Risks

Examples of everyday activities and level of risk.

Every situation and activity has different factors that increase or decrease risk. We can't get rid of all risk, but we can lower the risk. We can choose safer activities, or make risky activities safer by getting vaccinated, wearing a mask, washing our hands, staying 6 feet away from others and staying home when we're sick. Below are some examples of activities and their general risk level.

