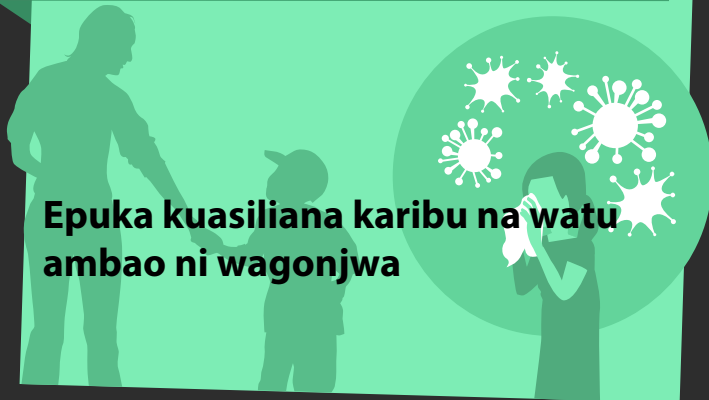


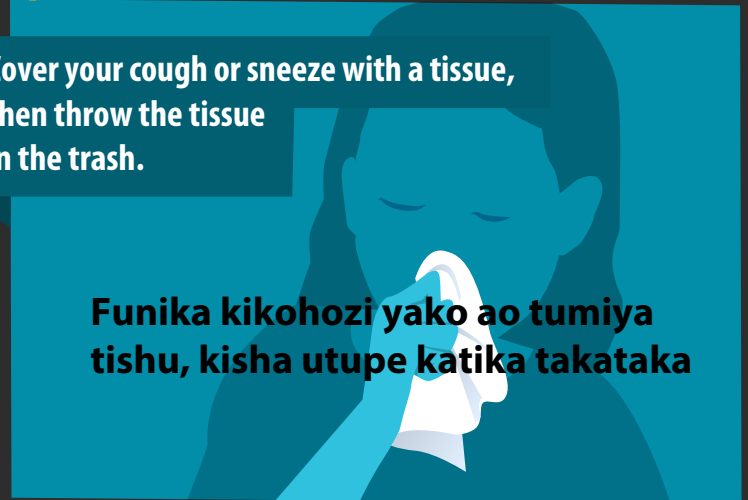
Help prevent the spread of respiratory diseases like COVID-19.  
Saidia kuzuia kwa magonjwa ya kupumua kama vile COVID-19

Avoid close contact with people who are sick.



**Epuka kuasiliana karibu na watu ambao ni wagonjwa**

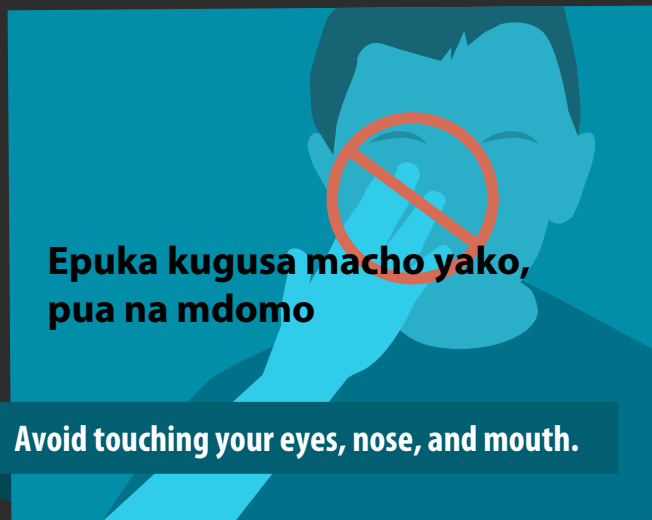
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



**Funika kikohozi yako ao tumiya tishu, kisha utupe katika takataka**

Epuka kugusa macho yako, pua na mdomo

Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.

**Baki safi na uepuke kugusa vitu na nyuso**



Stay home when you are sick, except to get medical care.

**Baki nyumbani wakati wewe ni mugonjwa, isipo kuwa kupata hudumu ya matibabu**



**Nawa mukono mara nyingi kwa sabuni na maji wakati ya secunde 20**

Wash your hands often with soap and water for at least 20 seconds.

