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

- Avoid touching your eyes, nose, and mouth.
  
  Epuka kugusa macho yako, pua na mdomo

- Stay home when you are sick, except to get medical care.
  
  Baki nyumbani wakati wewe ni mugonjwa, isipo kuwa kupata hudumu ya matibabu

- Clean and disinfect frequently touched objects and surfaces.
  
  Baki safi na uepuke kugusa vitu na nyuso

- Wash your hands often with soap and water for at least 20 seconds.
  
  Nawa mukono mara nyingi kwa sabuni na maji wakati ya secunde 20

For more information: www.cdc.gov/COVID19