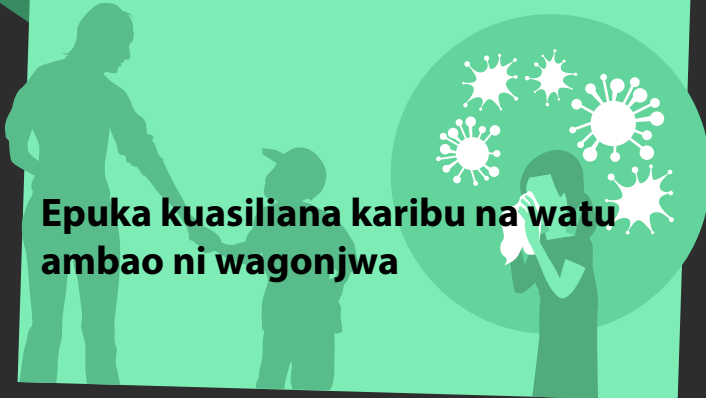


# STOP THE SPREAD OF GERMS

KUACHA KUENEA KWA WADUDU

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

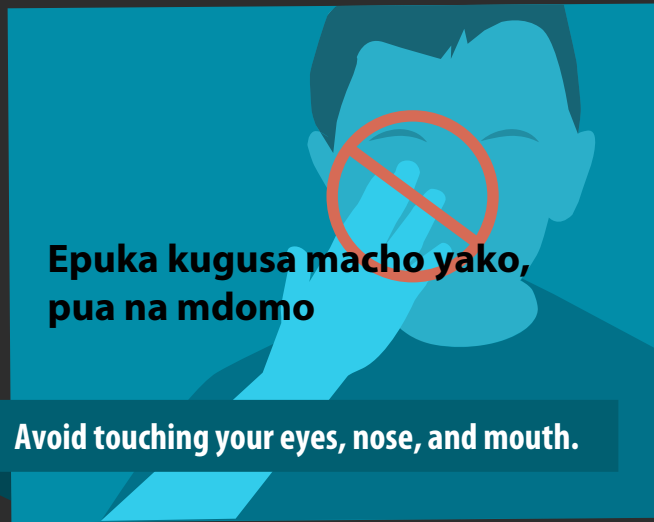
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Funika kikohozi yako ao tumiya tishu, kisha utupe katika takataka

Epuka kugusa macho yako, pua na mdomo

Avoid touching your eyes, nose, and mouth.



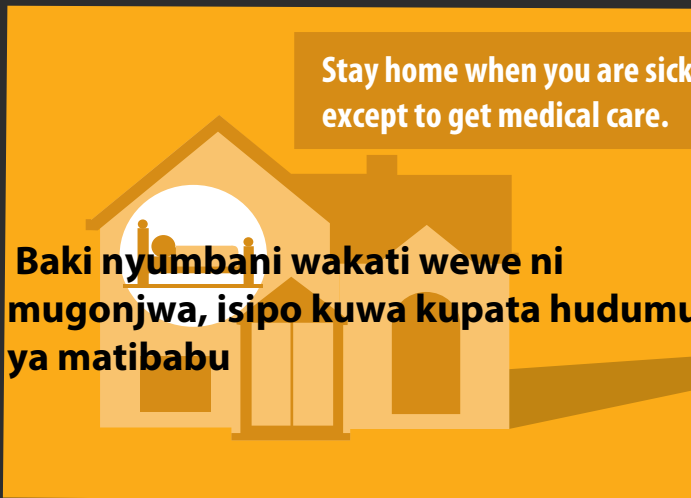
Clean and disinfect frequently touched objects and surfaces.



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.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)