

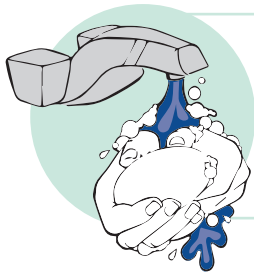


COVID-19 NOVEL CORONAVIRUS

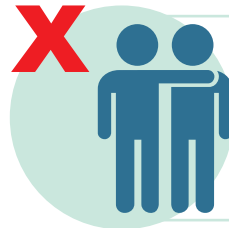
Saidia kukomesha kuenea kwa ugonjwa wa COVID-19.

COVID-19 ni virusi vinavyoweza kuwafanya watu kuwa wagonjwa. Dalili huanzia zilizo hafifu (k.m., homa ya joto, kikohozi, mafua na mwasho kwenye koo) hadi zilizo kali (k.m., kuishiwa na pumzi na shida ya kupumua).

Jilinde na uwalinde wengine

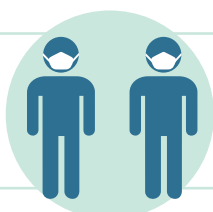
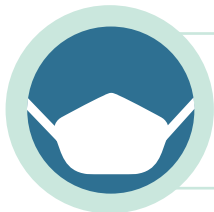
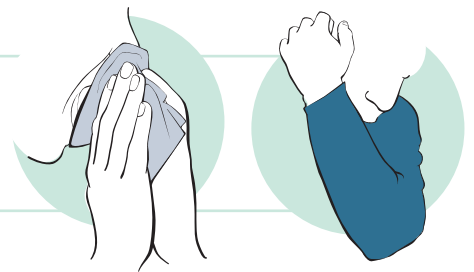


Nawa mikono yako mara nyingi ukitumia sabuni na maji kwa angalau sekunde 15.



Epuka salamu kama kusalimiana kwa mikono na kukumbatiana.

Funika kikohozi chako au unapopiga chafya. Kohoa kwenye mkono wako wa shati au kisugudi chako, sio mkononi mwako.

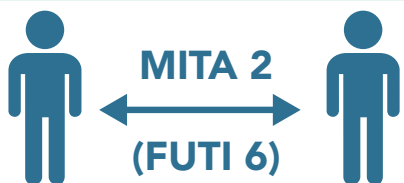


Vaa maski wakati wowote ukiwa kwenye sehemu ya ndani katika eneo la umma, au wakati ni vigumu kutokaribiana.

Kaa nyumbani ukiwa mgonjwa, hata kama ni ugonjwa hafifu. Nenda upimwe kisha ujitenge na watu unaoishi nao nyumbani.



Usiguse macho yako, pua na kinywa.



Kaa angalau mita 2 (futi 6) mbali na watu.



Usishiriki vitu na watu.