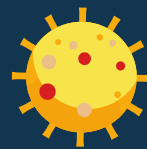




# COVID-19

Jilinde na  
wapendwa



Saidia kuzuia propagation kwa magonjwa ya kupumua kama COVID-19

## + NAWA MIKONO YAKO

Nawa mikono yako na savon na mayi ya moto mara kwa mara.



## + FUNIKA KIKOHOZI AO KUPIGA CHAFYA

Funika kikohozi yako ao kupiga chafya na manche yako, ao mouchoir. Tupa mouchoir na nawa mikono yako baadaye.



## + USIGUSE

Epuka kugusa macho, pua ao mudomo, surtout na mikono ya buchafu.



## + EKA DISTANCE YAKO

Epuka contacts ya karibu na batu ambao biko bagonjwa.



## + BAKIYA KUNYUMBA

Ikiwa unapata ma symptôme za kupumua kama kikohozi ao homa, ikala kunyumba.



## + PATA MSAADA

Kama unapata symptômes za COVID-19 (kikohozi, homa, bupungufu wa kupumua), pigia fournisseur wako wa huduma ya afya ao departema ya afya ya mu quartier mbele ya kutafuta huduma.



## INFORMATION ZAIDI

Fuata Departema ya Afya Publique ya Californie:  
@capublichealth and [www.cdph.ca.gov/covid19](http://www.cdph.ca.gov/covid19)

